

Abstract

According to the present invention, a supporting device (10) that supports a user U taking a nap or resting, in a standing position comprises: a first supporting unit (210) that includes an inclined face that faces upward in an up and down direction and comes into contact with the knees and/or the lower legs of a human body from the front side of the human body to support the human body from below; a second supporting unit (220) that comes into contact with the buttocks and/or the upper legs of the human body from the rear side of the human body to support the human body from below; a third supporting unit (230) that comes into contact with at least one of the upper limb, the head, and the upper body of the human body such that the upper limb and the head of the human body are positioned in a predetermined range in a front-to-back direction thereof, to support the human body from at least one side in the front-to-back direction; a fourth supporting unit (240) that comes into contact with the soles of the human body such that the feet of the human body are in an inclined posture with respect to the up and down direction, to support the human body from below; a moving mechanism (250) that moves one or two of the first supporting unit (210), the second supporting unit (220) and the fourth supporting unit (240) in the up and down direction relatively to one of the first supporting unit (210), the second supporting unit (220) and the fourth supporting unit (240) that is not the one or the two; and a control unit (50) that controls the moving mechanism (250).