ABSTRACT

A sleeping state improvement system and a sleeping state improvement method capable of improving a sleeping state of a user even when the user sleeps away from home are provided. A sleeping state improvement system (1) is a sleeping state improvement system to improve a sleeping state of a user (P), comprising a memory member (70) and a control device (30) that comprises a specification unit (31) and a control unit (32). The memory member (70) can be carried by the user (P). The specification unit (31) specifies individual attribute information of the user (P) based on individual information. The individual information is information stored in the memory member (70). The control unit (32) controls an environment during sleep of the user (P) based on the individual attribute information.