

ENVIRONMENTAL EQUIPMENT CONTROL APPARATUS AND ENVIRONMENTAL
EQUIPMENT CONTROL SYSTEM

ABSTRACT

Provided are an environmental equipment control apparatus and an environmental equipment control system that are capable of relieving sleepiness of a user. An environmental equipment control apparatus (100) for controlling a plurality of types of environmental equipment (10, 20, 30) includes a grasping unit (60, 66) that grasps physical-and-mental-state information about a physical and mental state of the user, and a control unit (90) that changes a control state of the environmental equipment (10, 20, 30) in a case where the physical-and-mental-state information satisfies a predetermined state condition.

Fig. 2