

CLAIMS

1. A display program for causing a computer to perform processes of:

- acquiring data indicating temperature, humidity, illuminance, or sound pressure of a space in which a subject sleeps, the data having been detected by a first sensor installed in the space;

- displaying a zone including a sleep time period from sleep onset of the subject to awakening of the subject, a first time period which is a time period immediately before sleep onset and being set as a first predetermined time period, and a second time period which is a time period immediately after awakening of the subject in a different mode from the other time periods, when chronologically displaying suitability of the space, which is obtained by a value of the temperature, humidity, illuminance, or sound pressure of the space, as a sleep environment on a basis of the acquired data,

- calculating sleep efficiency indicating a sleep state of the subject by using a good sleep period of the subject obtained by subtracting time periods of wake of the subject after the sleep onset from the sleep time period and a time period in bed of the subject from a bed time to a leaving time, and

- determining a length of the first time period based on the sleep efficiency.

2. The display program according to claim 1, which causes the computer to perform processes of:

- detecting the sleep onset and the awakening of the subject, on a basis of data acquired from a second sensor, the second sensor sensing data about an activity of the subject; and

- identifying the sleep time period, on a basis of a detection result.

3. The display program according to any one of claims 1 to 2, wherein a length of the second time period is determined by the sleep efficiency.

4. The display program according to any one of claims 1 to 3, wherein the process of displaying displays the sleep time period, the first zone, and the second time period so as to be distinguishable from one another.

5. A display method for causing a computer to perform processes of:

- acquiring data indicating temperature, humidity, illuminance, or sound pressure of a space in which a subject sleeps, the data having been detected by a first sensor installed in the space;

displaying a zone including a sleep time period from sleep onset of the subject to awakening of the subject, a first time period which is a time period immediately before sleep onset and being set as a first predetermined time period, and a second time period which is a time period immediately after awakening and being set as a second predetermined time period of the subject in a different mode from the other time periods, when chronologically displaying suitability of the space, which is obtained by a value of the temperature, humidity, illuminance, or sound pressure of the space, as a sleep environment on a basis of the acquired data;

calculating sleep efficiency indicating a sleep state of the subject by using a good sleep period of the subject obtained by subtracting time periods of wake of the subject after the sleep onset from the sleep time period and a time period in bed of the subject from a bed time to a leaving time; and

determining a length of the first time period base on the sleep efficiency.

6. A display device comprising:

an acquisition unit that acquires data indicating temperature, humidity, illuminance, or sound pressure of a space in which a subject sleeps, the data having been detected by a first sensor installed in the space;

a display control unit that displays a zone including a sleep time period from sleep onset of the subject to awakening of the subject—, a first time period which is a time period immediately before sleep onset and being set as a first predetermined time period, and a second time period which is a time period immediately after awakening and being set as a second predetermined time period of the subject in a different mode from the other time periods, when chronologically displaying suitability of the space , which is obtained by a value of the temperature, humidity, illuminance, or sound pressure of the space, as a sleep environment on a basis of the acquired data; and

a determination unit that calculates sleep efficiency indicating a sleep state of the subject by using a good sleep period of the subject obtained by subtracting time periods of wake of the subject after the sleep onset from the sleep time period and a time period in bed of the subject from a bed time to a leaving time, and determines a length of the first time period based on the sleep efficiency.