DESCRIPTION

AROUSAL LEVEL CONTROL APPARATUS, AROUSAL LEVEL CONTROL METHOD, AND RECORDING MEDIUM

TECHNICAL FIELD

[0001]

The present invention relates to an arousal level control apparatus, an arousal level control method, and a recording medium.

BACKGROUND ART

[0002]

There has been proposed a technique in which a user's physiological information is acquired and the degree of user's wakefulness is calculated from the acquired physiological information (for example, Patent Documents 1, 2). Here, the arousal level is an index indicating the degree of wakefulness, and indicates that the lower the arousal level, the drowsier the subject is.

[0003]

In the state where the arousal level is low, the work efficiency often decreases when the user performs a task, and it is therefore not an appropriate state for performing a task. Such a state tends to be undesirable for performing tasks because, for example, in office work, work efficiency decreases, and in driving a car, distracted driving increases.

[0004]