

ABSTRACT

A lifestyle improvement system includes a sensor unit that acquires respiratory information, body movement information, and heartbeat information; a sleep state acquisition unit that acquires sleep
5 state information from at least one of the respiratory information, the body movement information, and the heartbeat information; an autonomic nervous system acquisition unit that acquires autonomic nervous system information from the heartbeat information; a device control unit that controls an operation of a device based on at least one
10 of past sleep information stored in advance and the autonomic nervous system information; a prediction information generation unit that generates prediction information from at least one of the past sleep information and the autonomic nervous system information; and an improvement information generation unit that generates improvement
15 information from the prediction information.

Fig. 1