

[ABSTRACT OF THE DISCLOSURE]

The present invention provides a sleeping apparatus which can improve the quality of sleep, by evaluating the quality of human sleep and presenting the control methods of the exercise forcing means based on the evaluation result. The sleeping apparatus comprises a body support part which supports the user's body, a sleep information detection means which detects said user's sleep information, and a memory part which stores said user's sleep information, wherein the sleeping apparatus comprises an exercise forcing means which forces said user's body to exercise, a sleep state evaluation means which evaluates said user's sleep state based on said user's sleep information, and a control means which can output control methods of said exercise forcing means based on the evaluation result from said sleep state evaluation means.