

CLAIMS

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

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

displaying a zone including a sleep time period from sleep onset of the subject to awakening of the subject~~zone~~, a first time period which is a time period immediately~~zone~~ before sleep onset and being set as a first predetermined time period, and a second time period which is a time period immediately~~zone~~ after awakening of the subject in a different mode from the other time periods~~zones~~, 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~~wherein~~ a length of the first time period based on~~zone is determined by the~~ sleep efficiency~~based on a sleeping time and a time in bed of the subject~~.

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~~zone~~, on a basis of a detection result.

~~3. The display program according to claim 1 or 2, wherein the data about the space indicates temperature, humidity, illuminance, or sound pressure of the space, or any combination thereof.~~

34. The display program according to any one of claims 1 to 23, wherein a length of the second time period~~zone~~ is determined by the sleep efficiency~~based on a sleeping time and a time in bed of the subject~~.

45. The display program according to any one of claims 1 to 34, wherein the process of displaying displays the sleep time period~~zone~~, the first zone, and the second time period~~zone~~ so

as to be distinguishable from one another.

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

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

displaying a zone including a sleep time period from sleep onset of the subject to awakening of the subject ~~zone~~, a first time period which is a time period immediately ~~zone~~ before sleep onset and being set as a first predetermined time period, and a second time period which is a time period immediately ~~zone~~ after awakening and being set as a second predetermined time period of the subject in a different mode from the other time periods ~~zones~~, 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~~

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 ~~zone is determined by the sleep efficiency based on a sleeping time and a time in bed of the subject.~~

67. A display device comprising:

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

a display control unit that displays a zone including a sleep time period from sleep onset of the subject to awakening of the subject ~~zone~~, a first time period which is a time period immediately ~~zone~~ before sleep onset and being set as a first predetermined time period, and a second time period which is a time period immediately ~~zone~~ after awakening and being set as a second predetermined time period of the subject in a different mode from the other zone ~~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 ~~zone is determined by the~~ sleep efficiency ~~based on a sleeping time and a time in bed of the subject.~~