

CLAIMS

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

 acquiring data 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 zone, a first zone before sleep onset, and a second zone after awakening of the subject in a different mode from other zones, when chronologically displaying suitability of the space as a sleep environment on a basis of the acquired data,

 wherein a length of the first zone is determined by 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 sleep onset and 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 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.

4. The display program according to any one of claims 1 to 3, wherein a length of the second zone is determined by sleep efficiency based on a sleeping time and a time in bed of the subject.

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

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

 acquiring data 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 zone, a first zone before sleep onset, and a second zone after awakening of the subject in a different mode from other zones, when chronologically displaying suitability of the space as a sleep environment on a basis of the acquired data,

 a length of the first zone is determined by sleep efficiency based on a sleeping time and a time in bed of the

subject.

7. A display device comprising:

an acquisition unit that acquires data about 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 zone, a first zone before sleep onset, and a second zone after awakening of the subject in a different mode from other zones, when chronologically displaying suitability of the space as a sleep environment on a basis of the acquired data,

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