

SLEEP/WAKING DETERMINATION SYSTEM, SLEEP/WAKING DETERMINATION METHOD, AND PROGRAM

ABSTRACT

[Problem] To provide a sleep/waking determination system and the like that determine sleep and waking with substantially high accuracy using few worn instruments. [Solution] One aspect of the present invention provides a sleep/waking determination system. The sleep/waking determination system comprises at least one processor that can execute a program to perform the following steps. An acquisition step for acquiring a signal that indicates the acceleration of at least a portion of the body of a user. A band limiting step for limiting a frequency component of the signal that indicates the acceleration to a specific frequency component. A transformation step for performing a Fourier transformation on a signal that consists of the specific frequency component to generate determination data. A determination step for determining the sleep and waking of the user on the basis of the determination data and preset reference data.

FIG. 1