device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device; ~~and~~

a recommended duration informing unit configured to inform the user of the recommended duration calculated by the recommended duration calculation unit;

an actual duration input unit configured to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration;

a sleep duration calculation unit configured to calculate a sleep duration to be recommended to the user, in accordance with a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, when the actual duration is shorter than the recommended duration; and

a sleep duration informing unit configured to inform the user of the sleep duration calculated by the sleep duration calculation unit.

[0009a] According to another aspect of the present invention, there is provided a life management apparatus comprising:

a fatigue degree input unit configured to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit configured to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device; and

a recommended duration informing unit configured to inform the user of the recommended duration calculated by the recommended duration calculation unit,

wherein the fatigue degree input unit inputs a fatigue degree of the user after taking the action to recover from fatigue, as a post-action fatigue degree, and writes an input value of the post-action fatigue degree into the storage device,

the life management apparatus further comprising:

an actual duration input unit configured to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration; and

a recommended duration correction unit configured to read the input value of the post-action fatigue degree written by the fatigue degree input unit from the storage device, to generate correction information for the recommended duration to be calculated by the recommended duration calculation unit, based on the input value of the post-action fatigue degree read from the storage device and a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, and to write the correction information into the storage device,

wherein, when calculating the recommended duration, the recommended duration calculation unit reads the correction information written by the recommended duration correction unit from the storage device, and uses the read correction information.

[0009b] According to yet another aspect of the present invention, there is provided a life management method comprising:

inputting a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and writing an input value of the pre-action fatigue degree into a storage device, by a fatigue degree input unit;

reading the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and calculating a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device, by a recommended duration calculation unit;

informing the user of the recommended duration calculated by the recommended duration calculation unit, by a recommended duration informing unit;

inputting a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration, by an actual duration input unit;

calculating a sleep duration to be recommended to the user, in accordance with a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, when the actual duration is shorter than the recommended duration, by a sleep duration calculation unit; and

informing the user of the sleep duration calculated by the sleep duration calculation unit, by a sleep duration informing unit.

[0009c] According to yet another aspect of the present invention, there is provided a life management method comprising:

inputting a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and writing an input value of the pre-action fatigue degree into a storage device, by a fatigue degree input unit;

reading the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and calculating a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from

the storage device, by a recommended duration calculation unit; and

informing the user of the recommended duration calculated by the recommended duration calculation unit, by a recommended duration informing unit,

wherein the fatigue degree input unit inputs a fatigue degree of the user after taking the action to recover from fatigue, as a post-action fatigue degree, and writes an input value of the post-action fatigue degree into the storage device,

the life management method further comprising:

inputting a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration, by an actual duration input unit; and

reading the input value of the post-action fatigue degree written by the fatigue degree input unit from the storage device, generating correction information for the recommended duration to be calculated by the recommended duration calculation unit, based on the input value of the post-action fatigue degree read from the storage device and a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, and writing the correction information into the storage device, by a recommended duration correction unit,

wherein, when calculating the recommended duration, the recommended duration calculation unit reads the correction information written by the recommended duration correction unit from the storage device, and uses the read correction information.

[0009d] According to yet another aspect of the present invention, there is provided a program that causes a computer to function as:

a fatigue degree input unit to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value

of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device;

a recommended duration informing unit to inform the user of the recommended duration calculated by the recommended duration calculation unit;

an actual duration input unit to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration;

a sleep duration calculation unit to calculate a sleep duration to be recommended to the user, in accordance with a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, when the actual duration is shorter than the recommended duration; and

a sleep duration informing unit to inform the user of the sleep duration calculated by the sleep duration calculation unit.

[0009e] According to yet another aspect of the present invention, there is provided a program that causes a computer to function as:

a fatigue degree input unit to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be

recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device; and

a recommended duration informing unit to inform the user of the recommended duration calculated by the recommended duration calculation unit,

wherein the fatigue degree input unit inputs a fatigue degree of the user after taking the action to recover from fatigue, as a post-action fatigue degree, and writes an input value of the post-action fatigue degree into the storage device,

the program causing the computer to further function as:

an actual duration input unit to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration; and

a recommended duration correction unit to read the input value of the post-action fatigue degree written by the fatigue degree input unit from the storage device, to generate correction information for the recommended duration to be calculated by the recommended duration calculation unit, based on the input value of the post-action fatigue degree read from the storage device and a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, and to write the correction information into the storage device,

wherein, when calculating the recommended duration, the recommended duration calculation unit reads the correction information written by the recommended duration correction unit from the storage device, and uses the read correction information.

Advantageous Effects of Invention

[0010] According to one aspect of the present invention, a length of time to take an action to recover from fatigue, to be recommended to a user, is calculated in accordance

with an input value of a fatigue degree of the user before taking the action to recover from fatigue, and thereby the user can be informed of a suitable length of time to take the action to recover from fatigue.

## Brief Description of Drawings

[0011] The present invention will become fully understood from the detailed description given hereinafter in conjunction with the accompanying drawings, in which:

Fig. 1 is a block diagram showing a configuration of a life management apparatus according to a first embodiment;

Fig. 2 shows an example of a hardware configuration of the life management apparatus according to the first embodiment;

Fig. 3 is a flowchart showing an example of operations of the life management apparatus according to the first embodiment;

Fig. 4 is a block diagram showing a configuration of a life management apparatus according to a second embodiment; and

Fig. 5 is a flowchart showing an example of operations of the life management apparatus according to the second embodiment.