

ABSTRACT

Provided is a computer program, an information processing device, and a method that are used to estimate a health state of a target user based on a history of behaviors executed by the target user, and have at least partially improved performance.

According to one embodiment, a computer program can cause, by being executed at least one processor, the at least one processor to function to: acquire target behavior data for identifying a history of behavior executed by a target user; and output, from an estimation model generated by executing supervised learning, target sleep state data for identifying a sleep state of the target user, the target sleep state data including at least one of target property data for identifying a sleep property of the target user, target rhythm data for identifying a sleep rhythm of the target user, target time data for identifying a sleep time of the target user, and target category data for identifying a sleep category to which the target user belongs, by inputting the target behavior data to the estimation model.