

[DOI: 10.20472/IAC.2020.053.009](https://doi.org/10.20472/IAC.2020.053.009)

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## **SLEEP STRUCTURE ANALYSIS CONSIDERING ECOLOGICAL INFORMATION AND THERMAL ENVIRONMENT**

### **Abstract:**

In this study, we propose a social framework in which all people can live in good physical and mental conditions. Focusing on sleep, which is one of the most important factors affecting physical and mental well-being, sleep with a high degree of satisfaction in terms of subjectivity is defined as “comfortable sleep”. The purpose of this study is to build a sleep structure model that takes into account the sleep environment that leads to sleep and individual differences in daytime behavior. The Model we focus on the comfort of sleep and sleep, and clarify the relationship between biological responses and thermal environment using covariance structure analysis.

Therefore, for proper sleep, we clarify the influence of the behavior during the daytime and before going to sleep, as well as the bedroom environment such as room temperature, body temperature, and humidity during sleep, and by controlling these, many unspecified It is possible to provide a uniform service based on a common general-purpose model for service users as an objective of the Well Being project.

### **Keywords:**

core temperature, covariance structure analysis□surface temperature, thermal environment