

# 19<sup>th</sup> WPI IIIS Seminar

## “Introduction of ICT based home sleep measurement”

The PSG method is used for measurement of clinical sleep as the gold standard. However, in order that sleep may be subject to the influence of a lifestyle or environment, it is assumed to change every day, therefore it will be important to measure a daily change by everyday at home.

We developed and industrialized the system (Wellness Link) which develops the simple method which measures sleep to non-contact using a radio wave, and accumulates and analyzes the data on WEB. As a result, the daily sleep data based on the everyday life exceeding 3000 examples now is accumulated on a scale of the all japan. In this time I will introduce a part of this data.



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**Date: Tuesday, July 9, 2013**

**Time: 16:00-17:00**

**Venue: Room #402, 4F, Health and Medical Science  
Innovation Laboratory, University of Tsukuba**



# IIIS

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