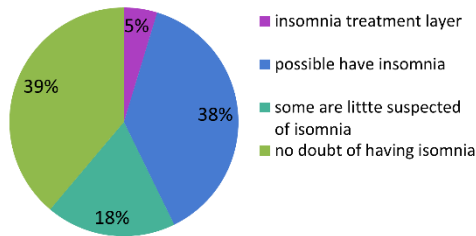
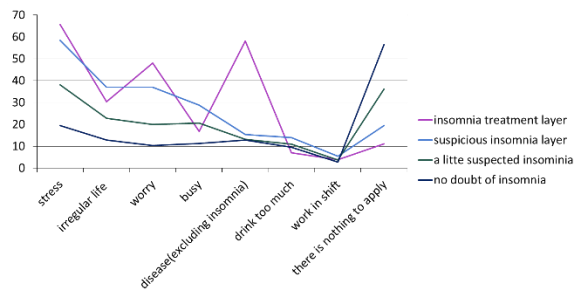


Project of “good sleep”

Think about sleep



20% of Japanese adults
15% of Japanese adults
about 60% adults



It is thought to heaviness, decline of concentration, failure, and depression.

15,180,000,000,000

Now

the Ministry of Health Labor and Welfare set a sleeping guideline for health.

insomnia treatments are ongoing.

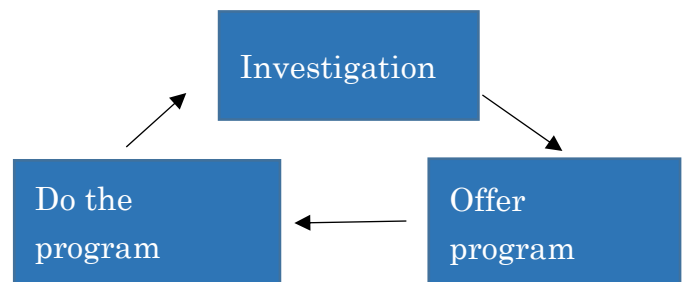


Sources

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What is our project?

Supporting people who have sleeping disorder and exhaustion



Contents

Membership system

Send out questionnaire

Target

From 15 to 64 age in Takasaki city
(223,000people) × The percentage of people who have sleeping proble (20%)

=44,000

Program

Counseling

Exercise(yoga, stretching, walking)

Bedding selection

Proposal for improving lifestyle habits

Risk

Knowledge of sleeping is required

Management of personal information

Not involve medical activity