

Background

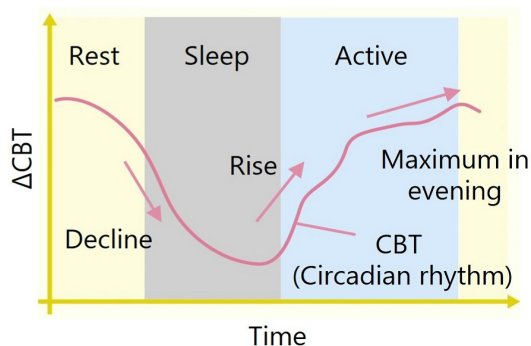
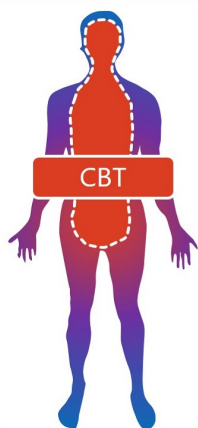
We have a circadian rhythm. It has a strong influence on our various activities, including sleep. Mismatch between circadian and social rhythm results in physical and mental disease and poor performance. Therefore, it is important to provide a lifestyle that reflects our own rhythms.

Summary

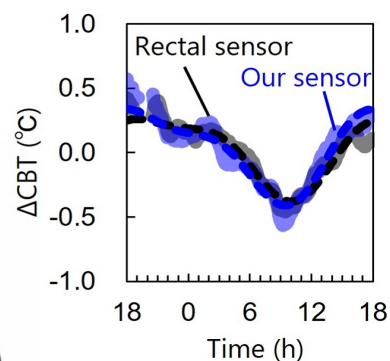
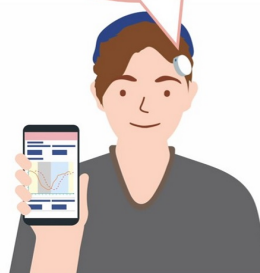
We have developed a technology to visualize circadian rhythm on low burden, which has been a hurdle to overcome in the past. Currently, we are working on a trial to improve the sleep quality using our technology, and we are beginning to see positive effects toward the a sleep improvement service.

Collaborate with  NTT PARAVITA

Circadian rhythm in core body temperature (CBT) affects our life rhythm.



CBT is measured by our wearable sensor, as same as rectal sensor which is the golden standard for monitoring Circadian rhythm.



Features

- Technology that provides unprecedented personalized lifestyle habits by measuring circadian rhythms and visualizing the gap between them and lifestyle rhythms
- Unprecedented low-burden circadian rhythm monitoring technology using a skin attachable core body temperature sensor
- Sensor device with NTT's unique structure for stable measurement of core body temperature without being affected by the ambient environment

Future_benefits

It allows you to see your own rhythm as if you were looking at a clock, and provides you with a lifestyle optimized for yourself based on the simulated future of your other self.

Exhibiting Company

NIPPON TELEGRAPH AND TELEPHONE CORPORATION, NTT PARAVITA CORPORATION

Contact

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