REM Alarm Clock

Page 1

Three meals a day, exercise daily, get proper sleep….

How many hours represents sufficient sleep?

With an Internet based health administration application, "I still feel tired no matter how long I sleep", "I want to have good sleep even if it is only for a few hours" these problems can be solved.

# Background

Sleep is a crucial part of life. However, as one's time is obviously limited, humans tend to live at the pace of their daily life rather than the pace of their natural body rhythms. Using simple application software to match time constraints to body rhythms, I envision the development of an ideal, healthy daily existence.

Recently, rather than using alarm clocks, it is estimated that up to 70% of those using an alarm of some kind to wake up are using a function of a cell phone. From this background, I propose a cell phone based application alarm, [REM Alarm Clock] as a starting point for the development of health administration tools.
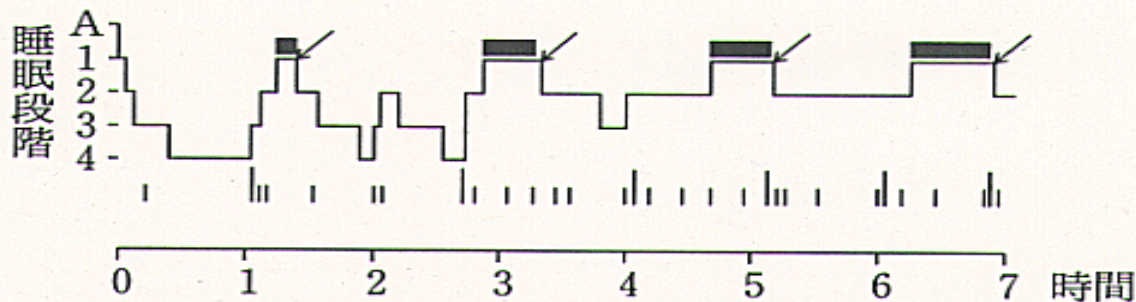
Sleep Rhythm

Sleep consists of the repeat of REM and nonREM rhythms. Ideal wake up occurs during REM sleep.
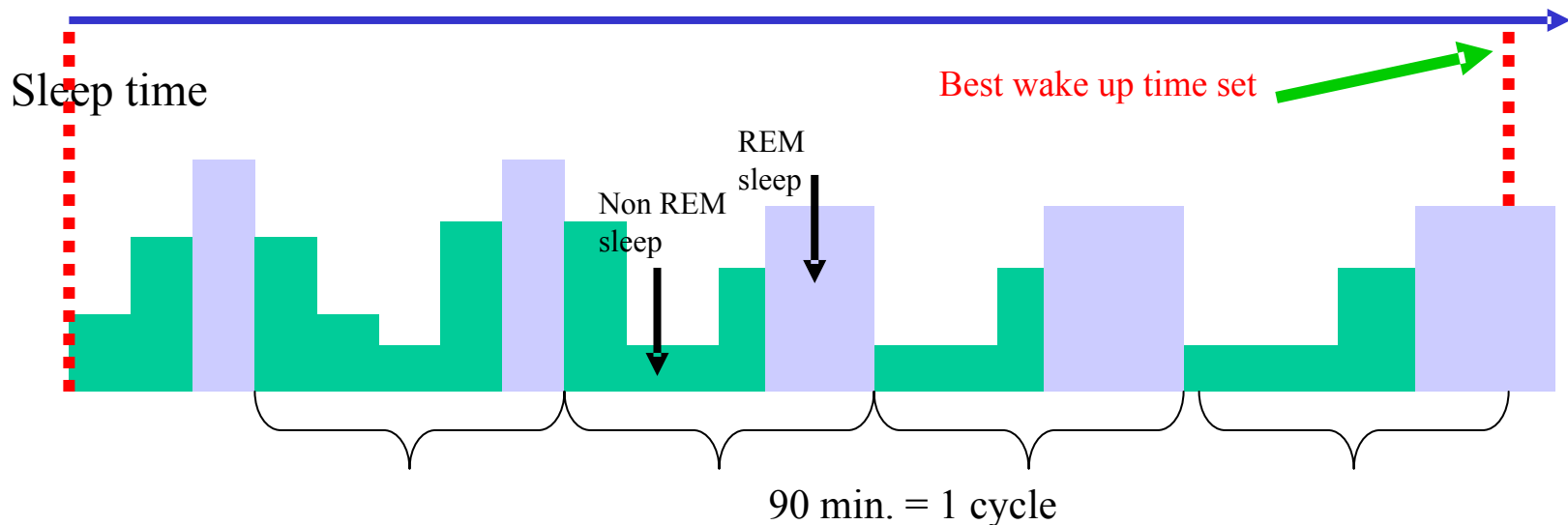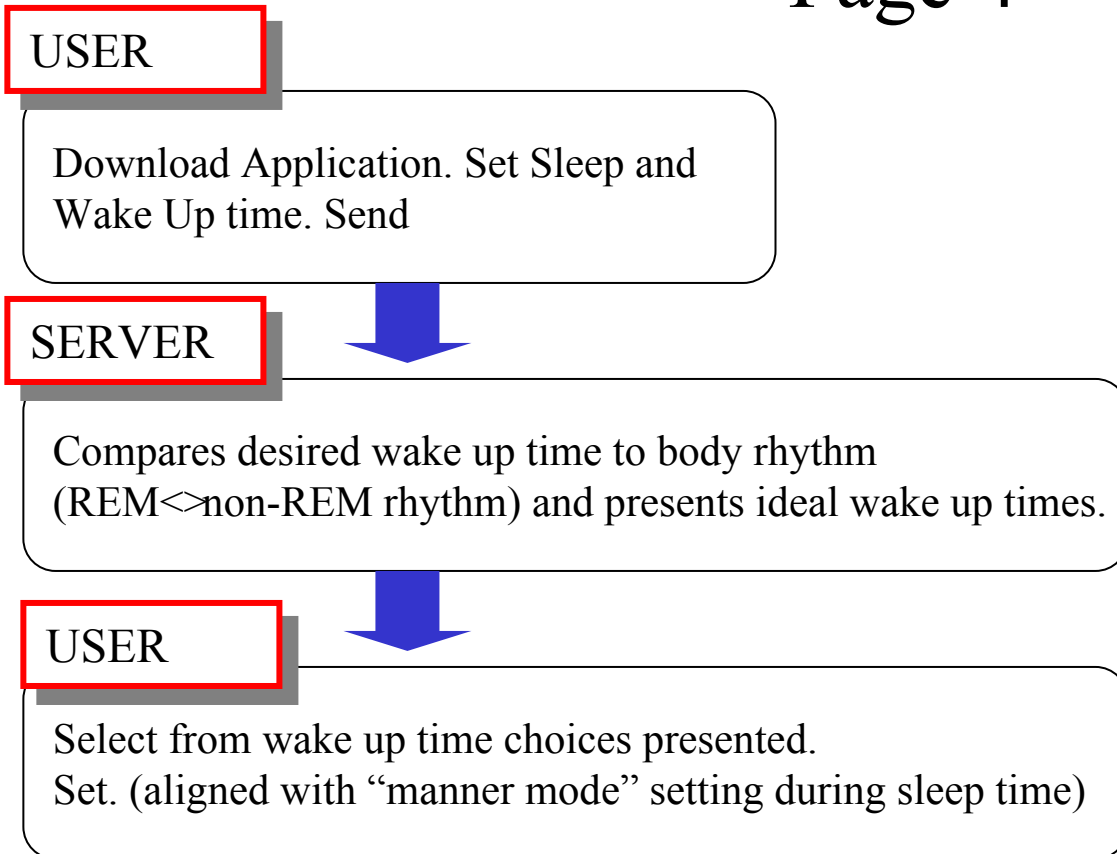
Basic Functions

Page 3

Ideal Alarm

Calculates and proposes your ideal wake up time . (90 min./cycle

How many cycles?)

Desired wake up time

Sleep time

Best wake up time set

REM sleep

Non REM sleep

90 min. = 1 cycle

Method of Use

Page 4

USER

Download Application. Set Sleep and Wake Up time. Send

SERVER

Compares desired wake up time to body rhythm (REM<>non-REM rhythm) and presents ideal wake up times.

USER

Select from wake up time choices presented.
Set. (aligned with "manner mode" setting during sleep time)

REM Alarm Clock

Sleep Time

:

Desired Wake Up Time

:

Send

REM Alarm Clock

Best Wake Up Time

	: -- :
	: -- :
✓	: -- :

Set

Development Potential

Page 5

For those working the night shift etc. health advice can also be displayed on wake up as a further function.

With [REM Alarm Clock] as a starting point, the development to net appliances used to save energy while sleeping and create a comfortable environment on wakeup can be envisioned.

Additionally using body rhythms other than sleep, application software can be used for simple health administration.

[REM Alarm Clock] is proposed as a starting point to these developments.

Recently "harmony with nature" is often discussed. I would like to propose "harmony with oneself" through balancing of body rhythms.

Time

Life   Body Rhythm