

## 概要

夜型生活から朝型生活へのライフスタイルの転換は省エネに有効とされ[1]、居住者の健康増進も期待される。昨年度に引き続き、朝型生活への転換による睡眠快適性と消費電力の変化に関する実証実験を行い、実際に朝型生活へのシフトを行った場合の省エネルギー効果と睡眠への影響を検証した。早寝早起きと世帯構成員全員が同様なリズムで生活した場合に、特に消費電力が削減できる傾向がみられた。生活シフトの睡眠への影響については起床時眠気、疲労回復などについては個人差が大きく、生活シフトの健康に対する副次的な便益の有無までは言及できないものの、省エネに対する一定の示唆が得られた。

## Summary

Changing lifestyle from night-oriented to morning-oriented contributes to energy saving[1]. It is also expected to help promote human health. We conducted experiments to verify the influence on sleep comfort and electricity consumption by switching to a morning-oriented lifestyle. The results showed energy saving to be found in some households, especially in the family of which all members accomplished lifestyle shift together with the lives of the same rhythm. Regarding the influence on sleep quality such as sleepiness on awakening and recovery from fatigue, there were differences according to each individual. It could not be asserted that changing lifestyle into a morning-oriented one resulted in the benefit to health promotion; however, it was indicated that lifestyle shift contributed to energy saving.