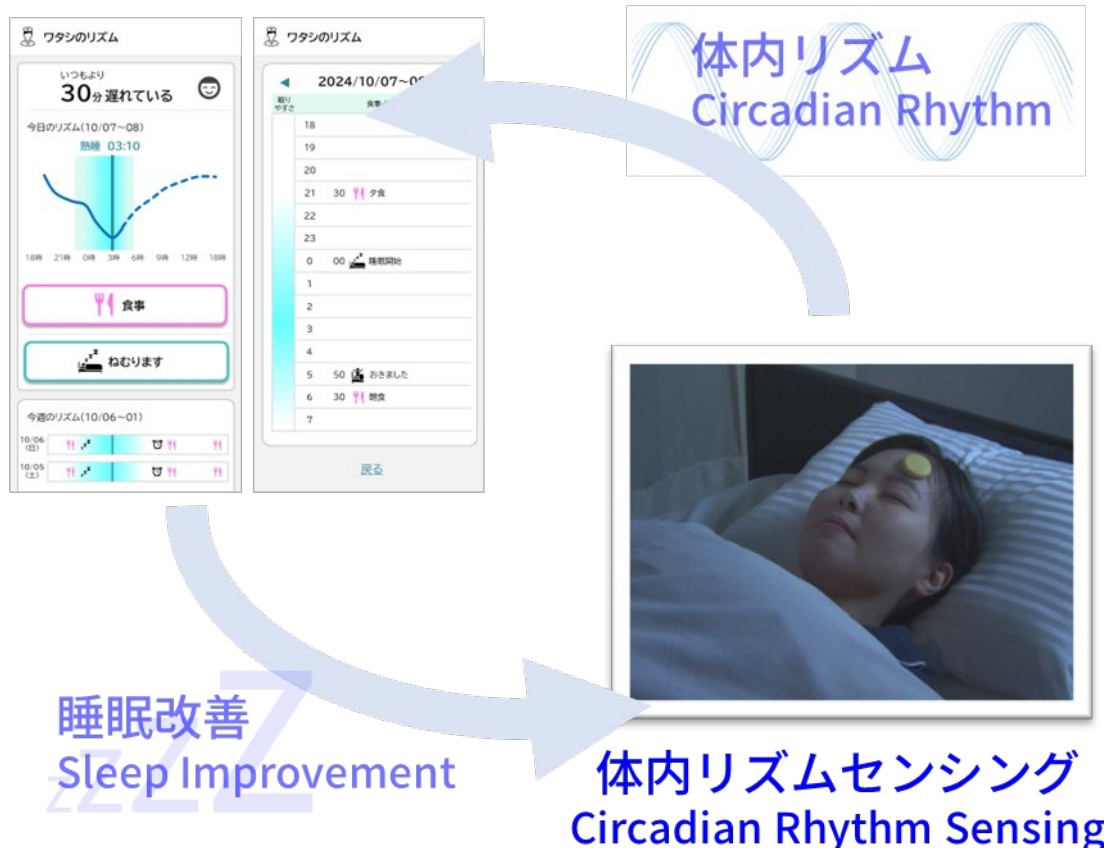


Circadian rhythm monitoring with skin-attachable sensor

Improves sleep disorders
by visualizing circadian rhythm
#Well-being, Human Capital Management

起床時間レコメンデーション Wake-Up Time Recommendation



///Technical Issue

Because of loss due to heat flux dissipation into the surrounding environment, it has been difficult to measure core temperatures accurately.

///Research Goal

A pleasant morning for all even after staying up late or working night shifts.

---Technology

It measures “skin temperature” and “heat flux” to estimate the temperature deep inside the body (heat flux method). NTT has incorporated a unique structure inside the sensor to accurately measure heat flux in daily life.

---Novelty

- High estimation accuracy achieved by utilizing NTT's heat flow compensation structure.
- NTT technology can visualize circadian rhythms with an accuracy close to that of rectal temperature.

---Applicable Business

Medical・Health care

Application to solutions such as visualizing changes in circadian rhythms and giving advice on lifestyle habits to improve sleep quality from the perspective of circadian rhythms.

Plan to service deployment in 2026.