

# Healthy and Sleep Stimulating Bed Micro-Environment



## Program (All presentations are in English)

- 13:00 Open registration
- 13:30 Opening  
Prof. Hiroshi Matsumoto, Toyohashi University of Technology
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- 13:40 "The 'Healthy and sleep stimulation bed micro-environment' project  
Funded by The Danish Agency for Science, Technology and Innovation,  
International Network Programme"  
Prof. Arsen Melikov, Technical University of Denmark
- 13:50 "The impact of sleep on health: Importance of indoor environment on sleep"  
Prof. Poul Jennum, Danish Center for Sleep Medicine, Copenhagen
- 14:10 "Effect of thermal environment on sleep quality in summer considering sleep stages"  
Prof. Shin-ichi Tanabe, Waseda University
- 14:30 "The effect of thermal environment on sleep in winter shelter-analog settings"  
Prof. Kazuyo Tsuzuki, Toyohashi University of Technology
- 14:50 "Indoor environmental design for increase of sleep quality and productivity"  
Prof. Toshiharu Ikaga, Keio University
- 15:10 Coffee break
- 15:30 "Applications of functional fibers for bedridden elderly people"  
Prof. Chiyoimi Mizutani, Otsuma Women's University
- 15:50 "Human body states measurement by FBG sensor embedded textiles"  
Ms. Kyoko Katayama, Shinshu University
- 16:10 "Control of bed micro-environment"  
Prof. Arsen Melikov, Technical University of Denmark
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- 16:30 Discussion and Future research
- 17:10 Summary of discussions
- 17:30 Closing

### Organizers:

Technical University of Denmark  
Danish Center for Sleep Medicine  
Toyohashi University of Technology  
Shinshu University  
WRISE Waseda University

### Sponsor:

Danish Agency for Science, Technology  
and Innovation  
The Society of Heating, Air-conditioning  
and Sanitary Engineers of Japan (SHASE)

### Date

01 November 2017 (Wednesday)  
13:30-17:30 (Open: 13:00)

### Site:

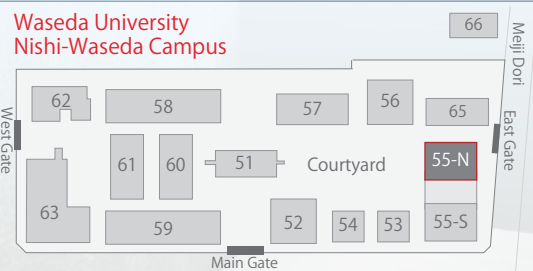
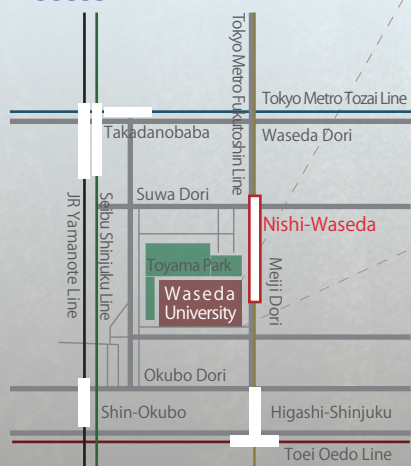
Conference Room, Building 55-N-1F  
Nishi-Waseda Campus  
Waseda University

Capacity: 200 persons

Fee: Free

## SLEEP ENVIRONMENT International Symposium

### Access



**Address:**  
3-4-1 Okubo, Shinjuku-ku, Tokyo 169-8555, Japan

**Transport Access:**  
Tokyo Metro Fukutoshin line : Nishi-Waseda station (0 min walk)  
JR Yamanote line : Takadanobaba station (15 min walk)  
Seibu Shinjuku line : Takadanobaba station (15 min walk)

### Registrations :

Please send your name, affiliation, and e-mail address to this address.

[sympo@tanabe.arch.waseda.ac.jp](mailto:sympo@tanabe.arch.waseda.ac.jp)

※ Registrations are closed when the number of registrations reached the quota. Please note that application certificates are not sent in advance. There will be another announcement when the registrations are closed.

**Nov. 1**

**2017**

13:30-17:30  
(Open 13:00)

# 健康と快適な睡眠のための寢床環境

- 日時 : 2017年11月1日(水) 13:30～17:30(受付13:00～)
- 会場 : 早稲田大学 西早稲田キャンパス(理工キャンパス) 55号館N棟1階大会議室  
〒169-8555 新宿大久保3-4-1  
東京メトロ副都心線・西早稲田駅3番出口 徒歩0分
- 地図 : <http://www.sci.waseda.ac.jp/campus/index.html>
- 定員 : 200名(定員に達し次第締め切らせていただきます)
- 言語 : 講演は英語で行います
- 参加費 : 無料(資料代実費)
- 主催 : デンマーク工科大学  
デンマーク医科学研究所  
豊橋技術科学大学  
信州大学  
早稲田大学理工学術院総合研究所
- 申込方法 : お名前、ご所属、連絡先を明記して、電子メールにてお申し込み下さい。  
定員になり次第締切を致します。参加票の事前送付は致しません。  
満員になった場合のみご連絡致します。  
[sympo@tanabe.arch.waseda.ac.jp](mailto:sympo@tanabe.arch.waseda.ac.jp) (担当: 秋山 早稲田大学建築学科・田辺研究室)



## 交通案内



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- JR山手線 : 高田馬場駅(徒歩15分)
- 西武新宿線 : 高田馬場駅(徒歩15分)