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SERIES H: AUDIOVISUAL AND MULTIMEDIA SYSTEMS

E-health multimedia systems, services and applications – Multimedia e-health data exchange services

Requirements and framework for ICT sleep management service models

Recommendation ITU-T H.862.0

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Recommendation ITU-T H.862.0

Requirements and framework for ICT sleep management service models

Summary

Recommendation ITU-T H.862.0 specifies requirements and a framework for information and communication technology (ICT) sleep management services. The scope of Recommendation ITU-T H.862.0 focuses on the reference model of the sleep management service and introduces sleep safety services and sleep quality improvement services.

Solutions exist for sleep-monitoring and sleep status check services that use a variety of sensors and technologies. While they lead to quantitative expansion of sleep management services, they are difficult to integrate into one service due to the different sleep visualization methods that vary across service devices. To address these challenges, approaches are proposed to ensure interoperability by expressing various types of sleep data in an integrated process. Recommendation ITU-T H.862.0 specifies a service model and requirements for sleep-monitoring and sleep status check services to ensure interoperability of sleep management services.

History

Edition	Recommendation	Approval	Study Group	Unique ID*
1.0	ITU-T H.862.0	2019-11-29	16	11.1002/1000/14123

Keywords

Sleep, sleep management services.

* To access the Recommendation, type the URL http://handle.itu.int/ in the address field of your web browser, followed by the Recommendation's unique ID. For example, http://handle.itu.int/11.1002/1000/11830-en.

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FOREWORD

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The World Telecommunication Standardization Assembly (WTSA), which meets every four years, establishes the topics for study by the ITU-T study groups which, in turn, produce Recommendations on these topics.

The approval of ITU-T Recommendations is covered by the procedure laid down in WTSA Resolution 1.

In some areas of information technology which fall within ITU-T's purview, the necessary standards are prepared on a collaborative basis with ISO and IEC.

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