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(54) Title (EN): METHOD AND DEVICES FOR CONTROLLING A PERSON'S SLEEP

(54) Title (FR): PROCÉDÉ ET DISPOSITIFS DE COMMANDE DU SOMMEIL D'UNE PERSONNE

(54) Title (RU): СПОСОБ И УСТРОЙСТВА УПРАВЛЕНИЯ СНОМ ЧЕЛОВЕКА

(57) Abstract:

(EN): A method for controlling a person's sleep and devices for the implementation thereof. An external action is generated on a person to induce said person to sleep. At the same time as the external action, the person is additionally subjected to magnetic field pulses with a frequency within a range of from 0.01 to 40 Hz and with an intensity of up to 99.9 microtesla. The external action and/or the frequency of the magnetic field pulses and/or the intensity is/are adjusted in accordance with physiological data monitored throughout the entire period. A device for controlling sleep comprises a central module and, connected thereto, a device for external action on a person. Accelerated sleep onset, and stability of sleep and awakening for the person are provided.

(FR): L'invention concerne un procédé de commande du sommeil d'une personne et des dispositifs pour sa mise en oeuvre. On génère une action extérieure sur une personne afin d'y rattacher un sommeil. Simultanément à l'action extérieure sur la personne, on applique en outre des impulsions de champ magnétique ayant une fréquence dans une plage de 0,01 à 40 Hz et une intensité allant jusqu'à 99,9 micro T. En fonction des données physiologiques contrôlées au cours du temps, on modifie l'action extérieure et/ou la fréquence des impulsions du champ magnétique et/ou l'intensité. Le dispositif de commande de sommeil comprend un module central et, lié à celui-ci, un dispositif d'action extérieure sur une personne. On assure ainsi une accélération de l'endormissement, une stabilité du sommeil et le réveil de la personne.

(RU): Способ управления сном человека и устройствам для его осуществления. Генерируют внешнее воздействие на человека для навязывания ему сна. Одновременно с внешним воздействием на человека дополнительно воздействуют импульсами магнитного поля с частотой в диапазоне от 0,01 до 40 Гц и интенсивностью до 99.9 мкТл. В зависимости от контролируемых физиологических данных на протяжении всего времени изменяют внешнее воздействие и/или частоту импульсов магнитного поля и/или интенсивность. Устройство управления сном содержит центральный модуль и связанное с ним устройство внешнего воздействия на человека. Обеспечивается ускоренное засыпание, стабильность сна и пробуждения человека.

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Declarations:

Declaration made as to the identity of the inventor (PCT Rules 4.17(i) and 51bis.1(a)(i))