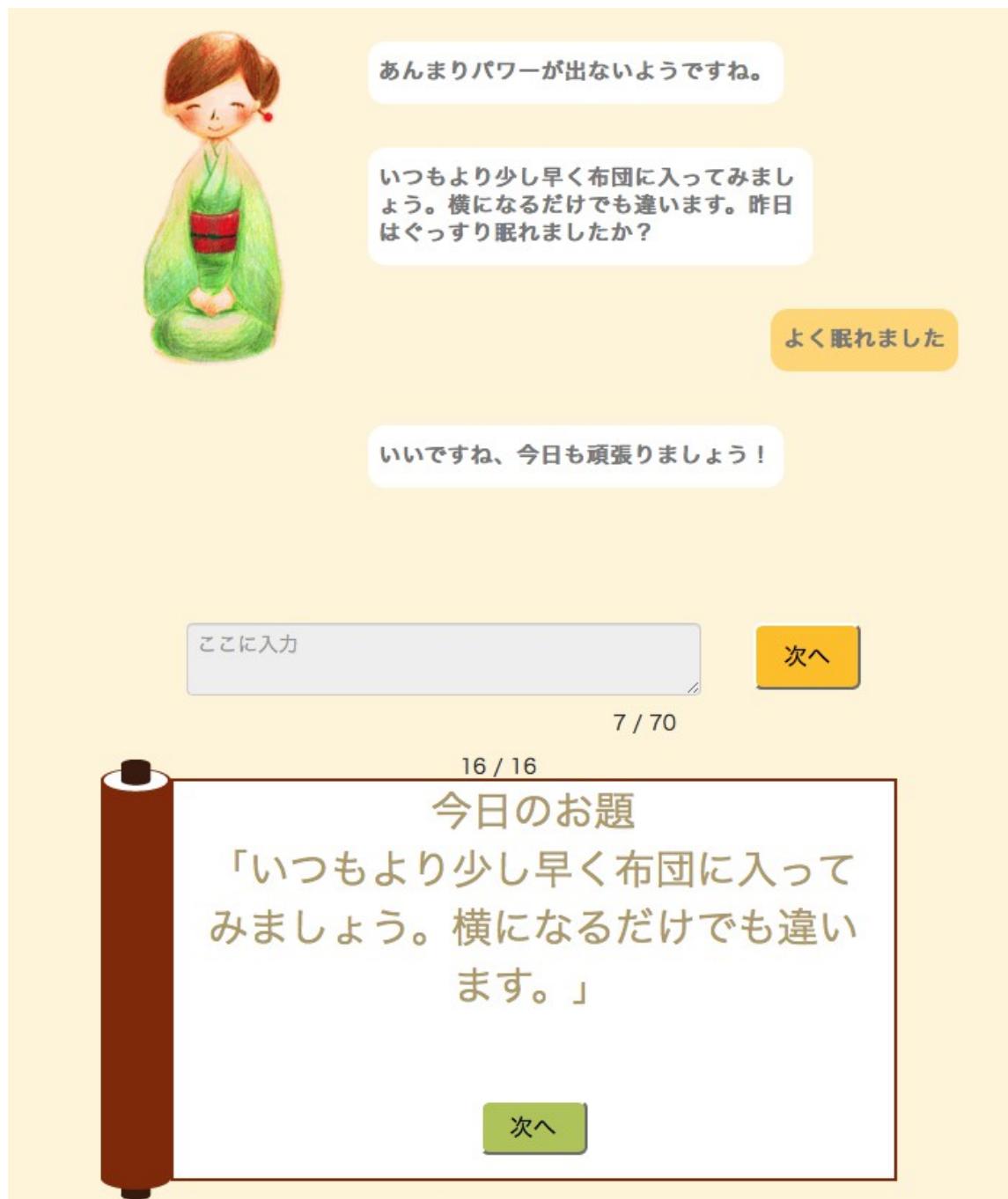


Multimedia Appendix 2 Screenshot of the behavioral suggestion dialog.



あんまりパワーが出ないようですね。

いつもより少し早く布団に入ってみましょう。横になるだけでも違います。昨日はぐっすり眠れましたか？

よく眠れました

いいですね、今日も頑張りましょう！

ここに入力

次へ

7 / 70

16 / 16

今日のお題

「いつもより少し早く布団に入ってみましょう。横になるだけでも違います。」

次へ

(“Activation,” “physical activation,” “psychological activation,” or “suppressed behavior” proposals will be chosen depending on the monitoring results, and the user and AI will then engage in related dialog. This screenshot is an example of “suppression.” “Seems like you don’t have much energy. Maybe you should go to bed a little earlier than usual. Even simply lying down can make a big difference. Did you sleep well last night?” If you respond with “I slept well last night,” AI will counter this with, “That’s good. Let’s try hard again today!” The behavioral suggestion,

“Today’s goal: Maybe you should go to bed a little earlier than usual. Even simply lying down can make a big difference.” is then displayed below).