

Capsule Hotel / Sleep Tech "nine hours"

9 hours Partners with Kinki Health Management Center and Sumitomo Riko to Offer a "Health Checkup & Sleep Analysis Package"

Embedding the "9h sleep checkup" and Sumitomo Riko's MONILIFE™ wellness pressure sensor into the checkup experience to drive behavior change in the preventive / pre-disease domain



nine hours Inc. (Head Office: Chiyoda-ku, Tokyo; Representative Director & CEO: Takahiro Matsui; hereinafter "9 hours") will partner with Kinki Health Management Center (Head Office: Ōtsu, Shiga; Chairperson: Takashi Kimura; hereinafter "KKC") and Sumitomo Riko Company Limited (Head Office: Nagoya, Aichi; Representative Director, President & CEO: Kazushi Shimizu; hereinafter "Sumitomo Riko") to launch a Health Checkup & Sleep Analysis Package exclusively for members of KKC Let's® from October 22, 2025 in Tokyo. Capacity is limited to 20 participants. The program integrates KKC's checkup with 9 hours' 9h sleep checkup in a single flow, aiming to translate pre-disease insights into concrete lifestyle actions.

KKC, a preventive-medicine organization that provides mobile and facility-based health screenings as well as health promotion, counseling, guidance, support, and research, will conduct the medical checkups and provide online health counseling for this program. Sumitomo Riko will provide its non-wearable MONILIFE™ wellness pressure sensor, installed in 9 hours capsule units, enabling low-burden data acquisition under near-everyday conditions. 9 hours will provide the accommodation environment (capsule hotel) and visualize the sleep data obtained through the 9h sleep checkup, which will be shared with KKC.



Health checkup at KKC (image)



Sumitomo Riko's pressure sensor "MoniLife™ Wellness"



9 hours "9h sleep checkup"

9 hours will continue accelerating the social implementation of sleep technologies that contribute to prevention and pre-disease improvement, expanding collaborations with partners in healthcare and wellness to build sustainable programs that turn awareness into action.

※ MoniLife™ Wellness is not a medical device.

※ KKC Let's® is a registered trademark of Kinki Health Management Center.

※ Information is subject to change without notice.

About Health Checkup & Sleep Analysis Package

This package combines KKC's health checkup and web-based counseling with 9 hours' 9h sleep checkup. Sleep is closely linked to physical and mental health, and insufficient or poor-quality sleep has been associated with increased risks of lifestyle-related diseases. From a preventive, pre-disease perspective, the program analyzes sleep alongside the health checkup to help identify risks earlier.

Participants receive a health checkup at KKC Wellness Tokyo Nihonbashi Health Checkup Clinic to detect lifestyle-disease risks, then stay that night at a 9 hours Casouke hotel to undergo the 9h sleep checkup. About three weeks later, a KKC public health nurse provides an online consultation that integrates the checkup and sleep analysis results with practical advice for improving daily habits.

During the 9h sleep checkup, participants do not wear any devices. Sleep quality and respiratory status are estimated using equipment installed in the capsule bed, including Sumitomo Riko's MoniLife™ Wellness, enabling early identification of sleep-related issues with minimal burden.

By combining a health checkup, which clarifies health status and enables early detection of risks, with objective sleep analysis, participants gain a comprehensive view of their condition and an opportunity to review and improve lifestyle habits.

Dates	Oct 22 (Wed), Oct 31 (Fri), Nov 4 (Tue), Nov 7 (Fri) (choose one)
Checkup items	Medical history and symptoms interview; physician examination; height, weight, waist circumference, BMI, blood pressure; blood tests [liver function (AST, ALT, γ -GT), lipids (TG, HDL-C, LDL-C), glucose (blood glucose, HbA1c)]; urinalysis (glucose, protein)
Web counseling	Available from Nov 10 (Mon) onward; up to 20 minutes per session; by appointment.
Fee	JPY 10,000 (tax included).
How to apply	Add the official KKC Let's® LINE account, agree to the membership terms, and apply via the dedicated form.

KKC – Overview

Name	Kinki Health Management Center (General Incorporated Foundation)
Representative	Takashi Kimura (Chairperson)
Headquarters	10-10 Kinoshita-cho, Ōtsu, Shiga
Business Areas	Mobile and facility-based health screenings; health promotion education and outreach; counseling, guidance, support; related research
URL	www.zai-kkc.or.jp

Sumitomo Riko – Overview

Name	Sumitomo Riko Company Limited
Representative	Kazushi Shimizu (Representative Director, President & CEO)
Headquarters	JP Tower Nagoya, 1-1-1 Meieki, Nakamura-ku, Nagoya, Aichi 450-6316
Business Areas	Manufacturing and development of rubber and resin products for automotive and general industrial applications
URL	www.sumitomoriko.co.jp

nine hours, Inc. — Overview

Company Name	nine hours, Inc.
Representative	Takahiro Matsui (Representative Director & CEO)
Headquarters	8F Hirose Building, 3-17 Kanda-nishikicho, Chiyoda-ku, Tokyo
Business Areas	Hotel planning, operations, consulting; sleep tech
URL	ninehours.co.jp

For Inquiries

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