

Short Reports()

The Relationship between Type A/B Behavior and Sleep Habits in Undergraduate Students

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(Accepted 1996-05-22 00:00:00+09)

Key words:Type A behavior, sleep habits, morningness–eveningness types

Abstract

The present study examined the relationships between Type A/B behaviors and sleep habits, and morningness eveningness types. Undergraduate students (35 males, 125 females) responded to three questionnaires: the KG's (Kwansei Gakuin University) Daily Life Questionnaire, the Japanese version of Morningness–Eveningness Questionnaire (ME) and the Sleep Habits Questionnaire. The results showed that there was no significant correlation between Type A score and sleep habits (sleep duration, wake-up time and bedtime), and that there was also no significant correlation between Type A score and ME score. However, two weak correlations were found between two subscales and sleep habits. HT (hard driving–time urgency) score was negatively correlated with the habitual sleep duration, and SP (speed power) score was positively correlated with wake-up time. Thus it might be that substructures of Type A behavior are associated with sleep habits.
