

原著

Nocturnal Sleep at a Predetermined Time in Healthy Undergraduate Students

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Abstract

This study examined the effect of trying to wake up at predetermined time without any aids on subsequent nocturnal sleep. Polysomnograms were recorded from six male and two female undergraduate students for four consecutive nights. The third night was assigned as the baseline night. In the fourth night, subjects were instructed to wake up at five o'clock the next morning without any aid. Each night subjects were also instructed to press a button four times whenever they perceived their own awakenings from sleep (behaviorally signaled awakening; BSA). Comparing the baseline night with the experimental night showed that there were no significant differences on any sleep variables during the first sleep cycle, but the latency to stage 2 was slightly delayed and BS,As were significantly more frequent during the experimental night. It is suggested that psychological stress related to time pressure might influence sleep onset and could have induced spontaneous awakenings from sleep.

要約

本研究では、翌朝ある時刻に起床しなければならないという覚醒企図を就寝前に課し乍場合、それがその後の終夜睡眠経過にどのような影響を及ぼすかを検討した。心身共に健康な大学生8名(男子6名,女子2名)を対象に、連続4夜の終夜睡眠ポリグラフ記録を実施した。1,2夜目を順応夜,3夜目を基準夜,4夜目を実験夜に割り当てた。実験夜そば、被験者に対して、翌朝必ず5時に起床するよう就寝前に教示した。被験者はまた、睡眠中に覚醒したと気づいた時にはいつでも、ボタン押しを4回行うよう教示された(行動的覚醒:BSA)。実験夜では、5時に起床したと判断した時は、ボタン押しを行いその旨を実験者に伝えるよう要請した。その結果、(1)睡眠段階2までの潜時が実験夜でやや延長する傾向が認められた。(2)第1睡眠周期における各睡眠段階のIH現率を基準夜と実験夜で比較した

が,有意な差は認められなかった,(3)一夜全体の行動的覚醒(BSA)の総出現数は,基準液に比べ実験夜で有意に増加した.この結果から,就寝前の時間に関連した心理的ストレス状態が,入眠を遅らせ,中途覚醒を増加させることが示唆された.
