

原著

昼間睡眠からの急激な覚醒直後及び緩徐な覚醒直後の心理・生理的変数の比較

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Comparison of Psychological and Physiological Variables Between Abrupt and Gradual Awakening from Daytime Sleep

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Abstract

To determine differences in psychological and physiological variables between abrupt awakening and gradual awakening from daytime sleep, ten undergraduate students were asked to sleep in an experimental room during the day. EEG, EOG, submental EMG, ECG and respiration were recorded. They were awakened in stage 2 of the sleep onset period by sound bursts through ear phones. Each subject was awakened abruptly and gradually during a session. After awakening, they were asked to complete questionnaires and then were interviewed about their subjective experiences prior to awakening. No significant differences were found in heart rate, breathing, sleepiness, mood and contents of subjective experiences. Further studies are needed to examine variations in psychological and physiological indexes following different ways of awakening.

要約

昼間睡眠から急激に覚醒させた直後と徐々に覚醒させた直後の心理・生理的変化を調べるために、10名の大学生が、昼間に実験室で眠った。脳波、眼球運動、オトガイ下筋筋電図、心電図、呼吸を記録した。被験者は、イヤホンからの音バーストを使って、入眠期の睡眠段階2で覚醒させられた。被験者は、急激覚醒と緩徐覚醒を1つのセッションの中で行った。覚醒直後、被験者は各質問紙に回答し、覚醒直前の主観的体験について聞かれた。覚醒前後の心拍数と呼吸数、覚

醒直後の眠気, 気分, 主観的意識体験には, いずれも両条件間で有意な差は認められなかった. 種々の覚醒法を用いて覚醒させた直後の心理・生理的指標の変動を明らかにするために, さらなる研究が望まれる.
