

【本件リリース先】

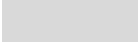
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NEWS RELEASE

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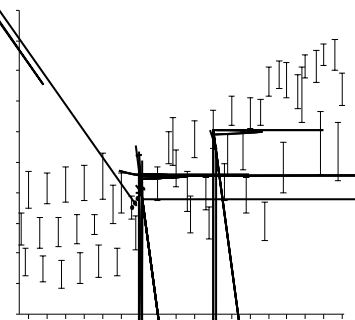


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GMS Inc., Tokyo, Japan

	総睡眠時間	
	単相性仮眠	分割仮眠
仮眠	分間仮眠	分間仮眠
体温		
眠気		*
疲労感	*	
計算数		
睡眠効率		
体温		
眠気		
疲労感		
計算数		
睡眠潜時		
体温		*
眠気		*
疲労感		*
計算数		

* : p



Oriyama, S., Miyakoshi, Y. & Rahman, M. M. The effects of a 120-minute nap on sleepiness, fatigue, and performance during 16-hour night shifts: A pilot study. *J. Occup. Health.* 61(5), 368–377. <https://doi.org/10.1002/1348-9585.12063> (2019).

Oriyama, S. & Miyakoshi, Y. The effects of nighttime napping on sleep, sleep inertia, and performance during simulated 16 h night work: A pilot study. *J. Occup. Health.* 60(2), 172–181. <https://doi.org/10.1539/joh.17-0070-OA> (2018).

Oriyama, S. & Yamashita, K. Effects of a snack on performance and errors during a simulated 16-h night shift: A randomized crossover-controlled pilot study. *PLoS One.* 16(10), e0258569. <https://doi.org/10.1371/journal.pone.0258569> (2021).