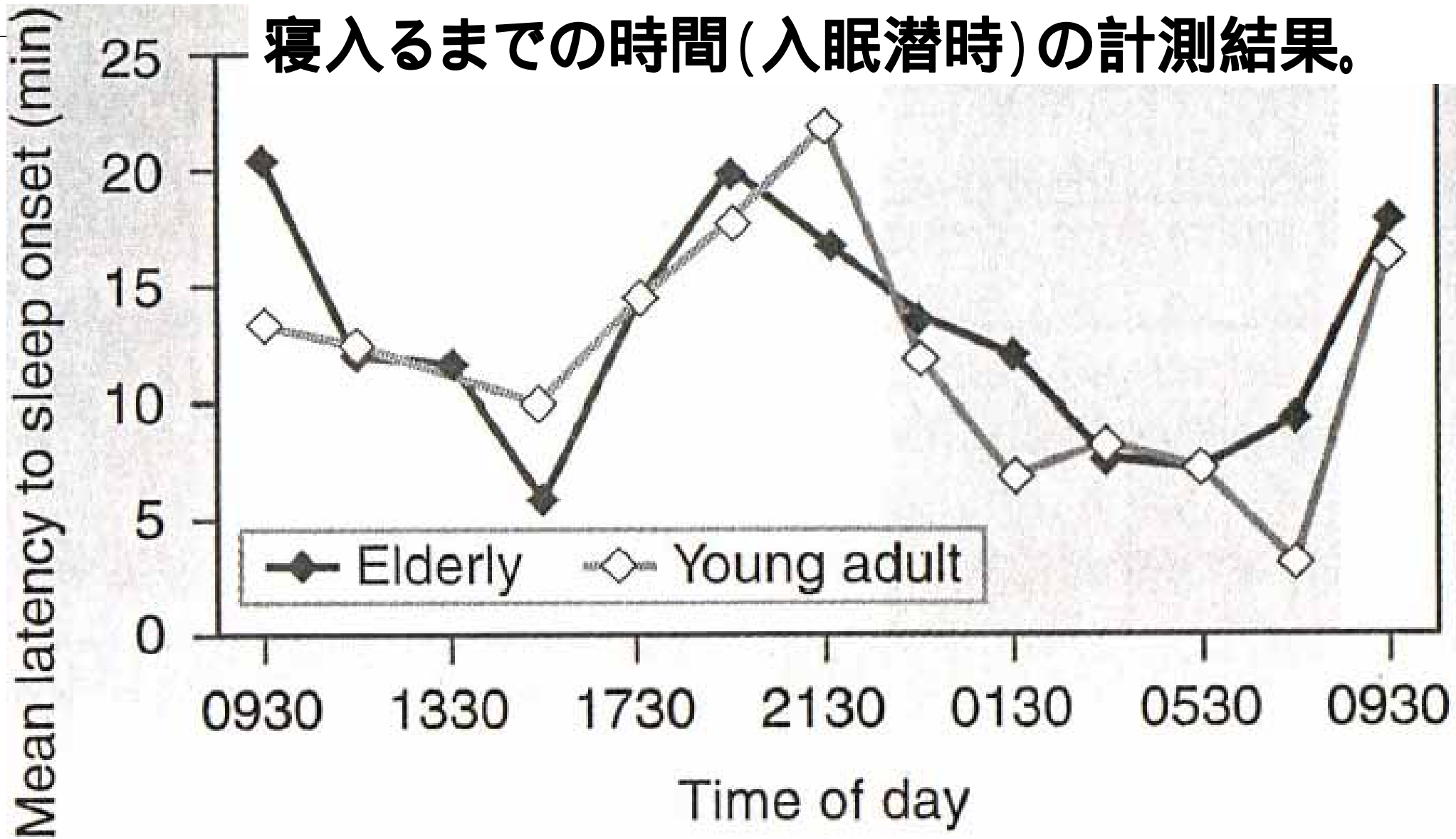


図 119 眠気の発生する確率（縦軸）と時刻（横軸）との関係

Lavie P. Ultradian rhythms: Gates of sleep and wakefulness.
 In H Schulz & P Lavie (eds): Ultradian rhythms in physiology and behavior. 148-64,
 Springer-Verlag, 1985

寝入るまでの時間(入眠潜時)の計測結果。



Roehrs T, et al: Daytime sleepiness and alertness. In: Kryger MH et al (eds): Principles and practice of sleep medicine 4th ed. Elsevier Saunders, 39-50, 2005