

# 睡眠が健康に及ぼす影響

## 要約

目的 睡眠不足が健康に及ぼす影響を明らかにし、健康な若年者の睡眠不足が血圧、心拍数、および血圧-ankle 脈波速度 (baPWV) に及ぼす影響を調査した。対象者は6名の健康な男性であった。睡眠不足は血圧、心拍数、およびbaPWVを悪化させることが確認された。6時間以上の睡眠は血圧、心拍数、およびbaPWVを改善させることが確認された。6時間以上の睡眠は血圧、心拍数、およびbaPWVを改善させることが確認された。

Now it is not clear how long we should sleep in order to stay healthy, and whether sleep shortage has a bad influence on our health. We confirmed that the mean sleep of a high school student is approximately six hours, and examined sleep and its influence on the health of blood vessel elasticity based on blood pressure, heart rate, and brachial-ankle Pulse Wave Velocity (baPWV). The subjects were six healthy males. The value of blood pressure, heart rate and baPWV were better on conditions of enough sleep than conditions of less sleep. To sleep for more than six hour was good for blood vessel elasticity.

## キーワード

睡眠不足, baPWV, blood pressure, heart rate, baPWV, blood vessel elasticity

## 1. 序論

1. 序論 ( ) 23 ( )

## QOL

brachial-ankle Pulse Wave

Velocity:baPWV

## 2. 方法

1).

(Quality of Life QOL)

5

( )

22.0 ± 1.1 mean ±

SD 164.5 ± 7.9 cm 57.9 ± 6.9

(Windkessel )

( )

2).

QOL

6

6

( )

3).

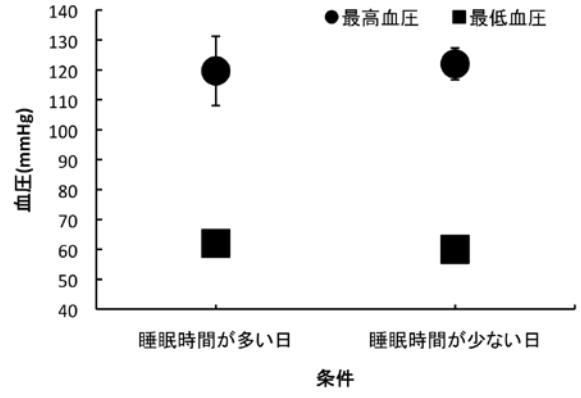
baPWV

(form PWV/ABI

)

4).

5



2.

( ± )

### 3. 統計処理

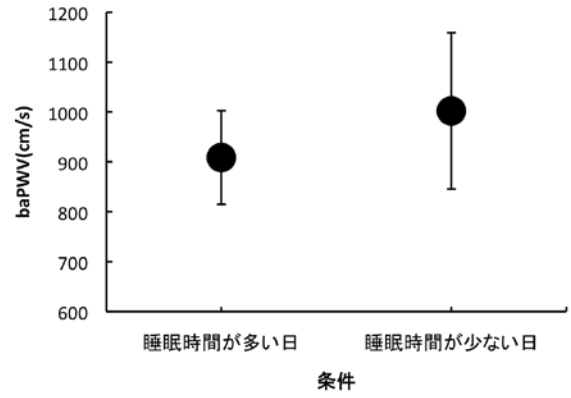
Macintosh Stat-view-J5.0

±

t

5%

p<0.05



### 4. 結果

1

2

3.

baPWV

( ± )

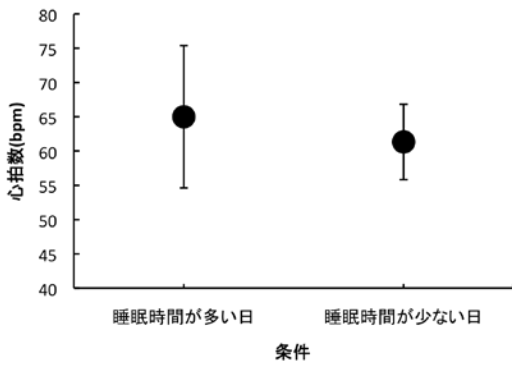
2

baPWV

baPWV

### 5. 考察

( )



24

1

24

1

1.

( ± )

baPWV

6

## 6. 結論 (まとめ)

## 7. 謝辞

TA

## 8. 参考文献

( 1 ) :