

11th International Conference of the European Association for Japanese Studies

August 31 – September 3, 2005

University of Vienna, Austria

How Japanese switch their sleep setting and attitude from waking to sleeping:

Analysis of sleep habits in contemporary Japan

Megumi KAJI Research Institute on Sleep and Society

Masayoshi SHIGETA Kyoto University

Yukio TOYODA Rikkyo University

When Japan became an industrialized society, people needed to wake up every morning at the same time and go to work, and to make sure to have enough sleep at night for next day's work. It was the most important demand for 'modern' Japan to mark waking-time and sleeping-time clearly. Over the last ten years, Japan has become very much an information-oriented society and Japanese life-environment has undergone further changes. One big change is that many became 'night people' and consequently 'short sleepers.' Now many stores and services stay open until midnight or overnight because many people stay up until then. As Japanese life environment underwent such a big change, the circumstance of sleep was also influenced by this change: Social/cultural norm for waking-time and sleeping-time became more ambiguous, as did the distinction between sleep-wear and daytime-wear. We found that an increasing number of people go to bed wearing a T-shirt, and fall asleep while watching TV or listening to music. It is also found that young Japanese use their mobile phone as one of the indispensable items for sleep setting. In this presentation, we would like to report how Japanese switch their sleep setting and attitude from waking to sleeping by the analysis of sleep habits using comparative data from other countries including Asia, Africa, America and Europe.

日本では、近代工業化社会の到来とともに、覚醒の時間と睡眠の時間を明確にわけることができた。毎朝出勤して一定時間働き、夜は翌日の活動のために備えて休む。そのために、時間をしっかり区別した生活を送ることが求められた。しかしこの十数年、都市の生活は夜型化がすすみ、さらに情報化社会へと生活環境は大きく変わる中、日本人の睡眠の状況も大きな影響を受けている。この報告では、欧米やアジアの国々の睡眠環境や睡眠習慣との比較調査結果を用いながら、日本人がいかに覚醒から睡眠への切り替えを行ってきたか、その歴史的変遷や現代の実態について報告する。