

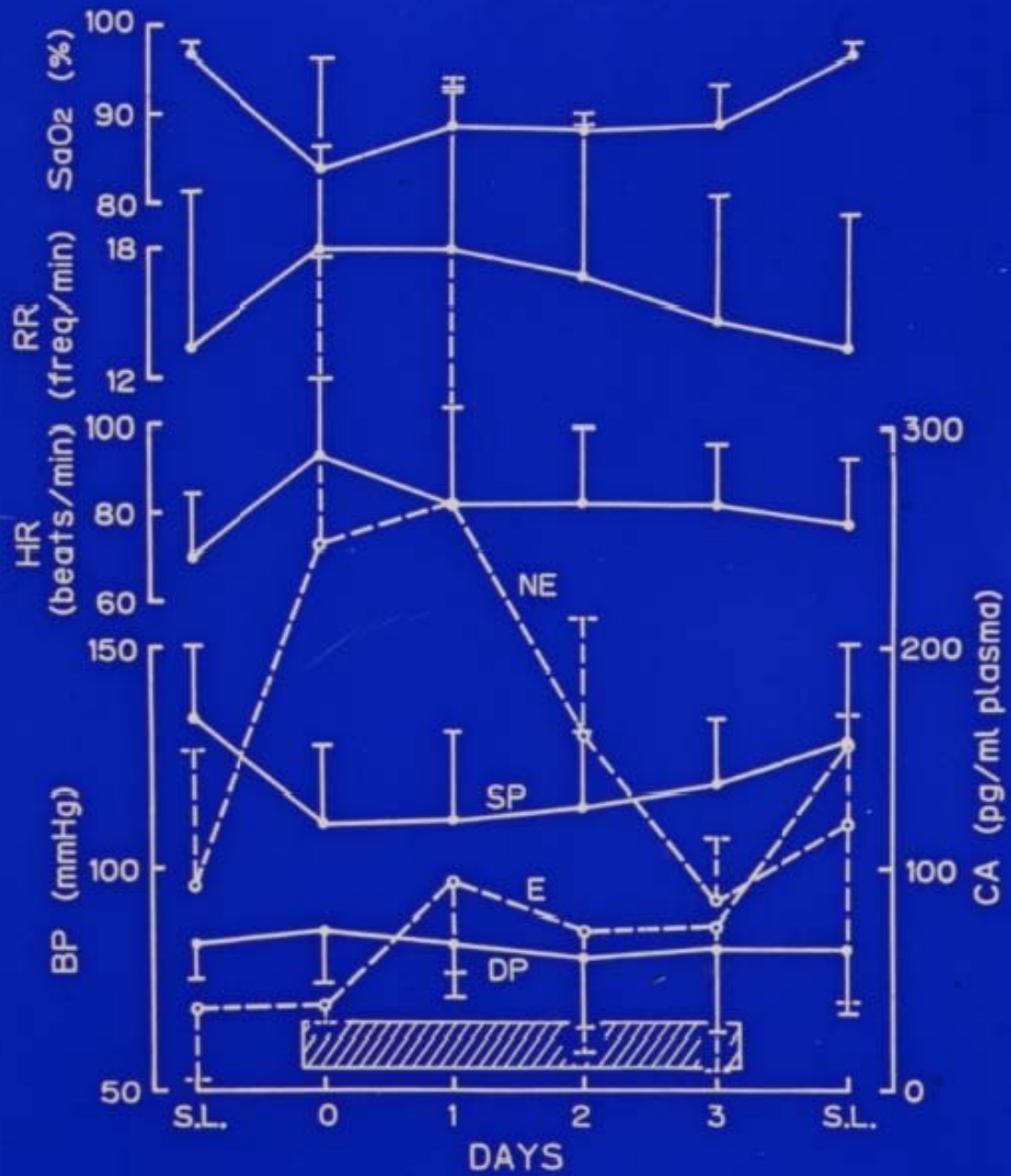
Human studies on consecutive  
monitoring of cardiorespiratory functions  
at rest & exercise and sleep architecture  
for first week at Mt. Fuji (3776 m)

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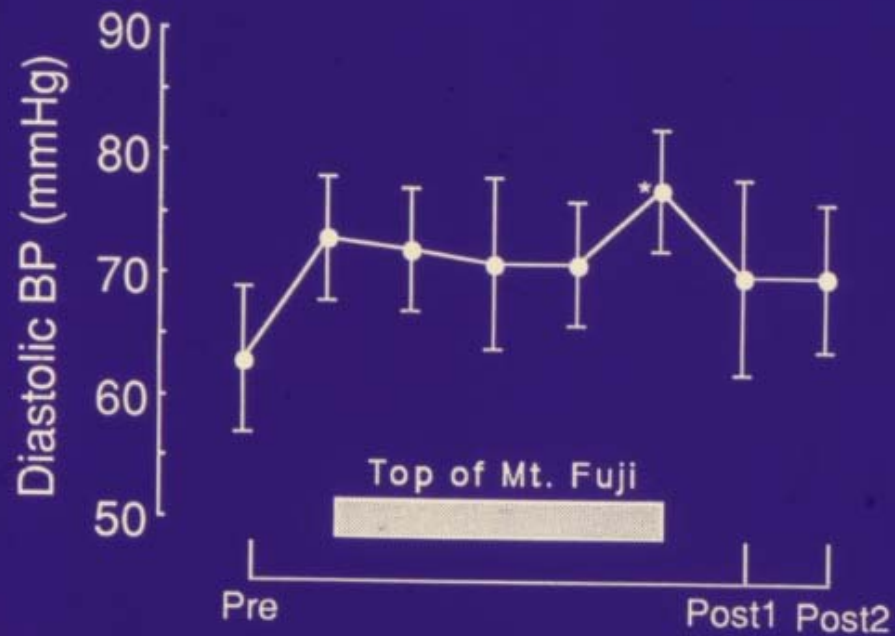
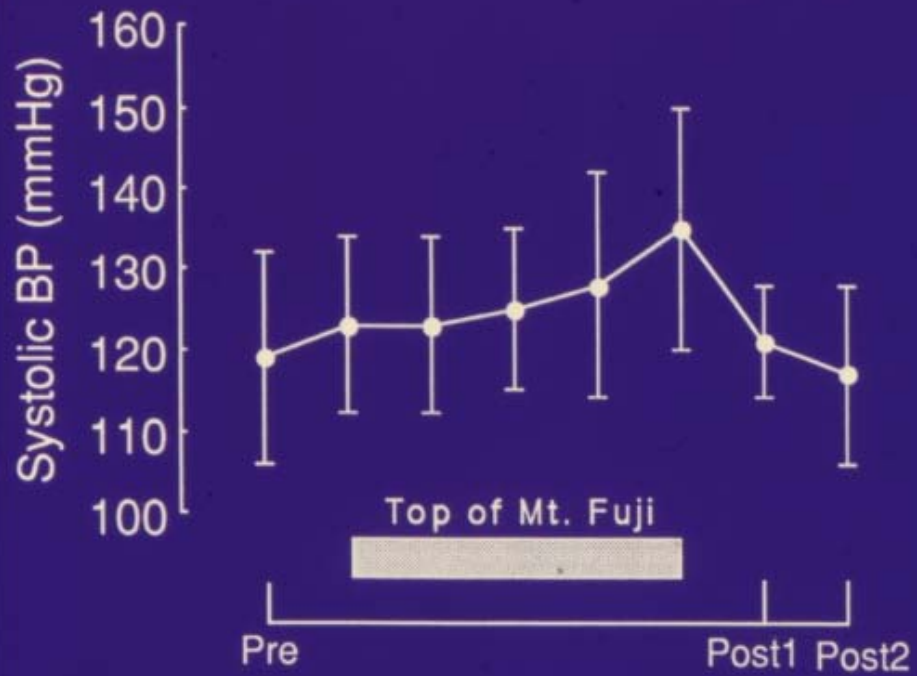






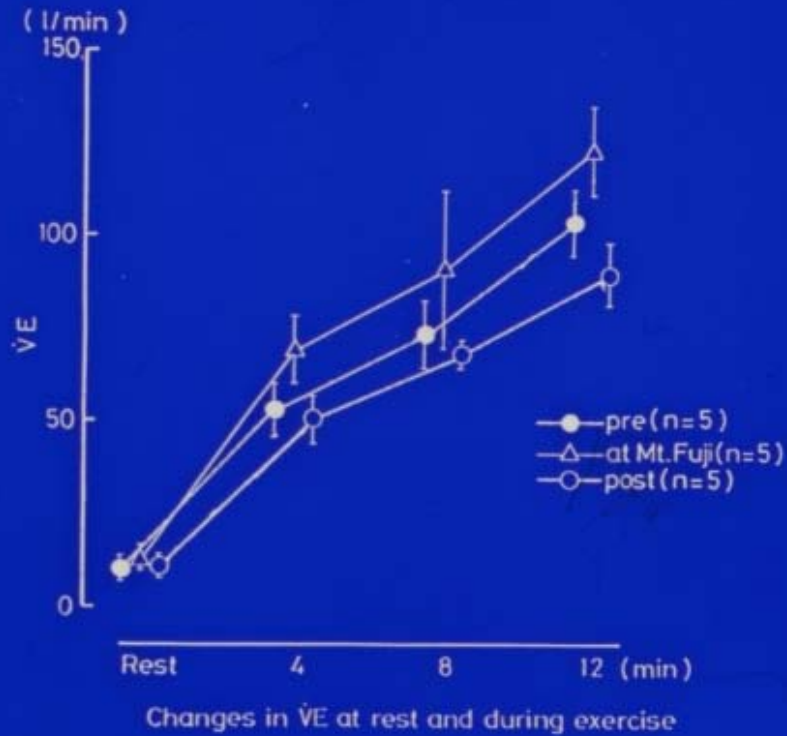
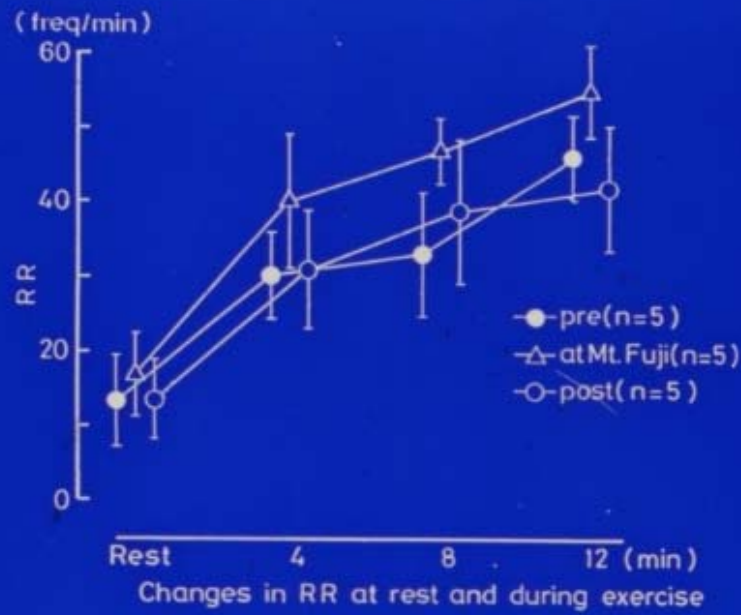






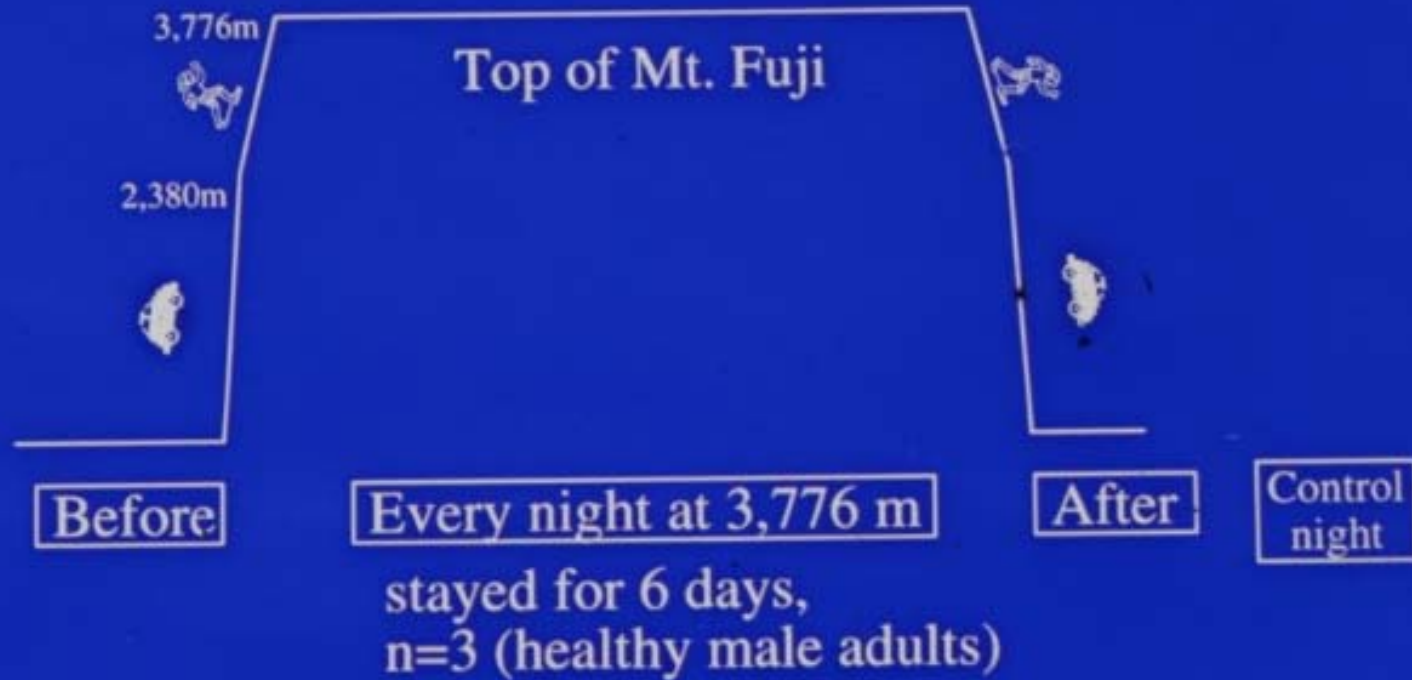




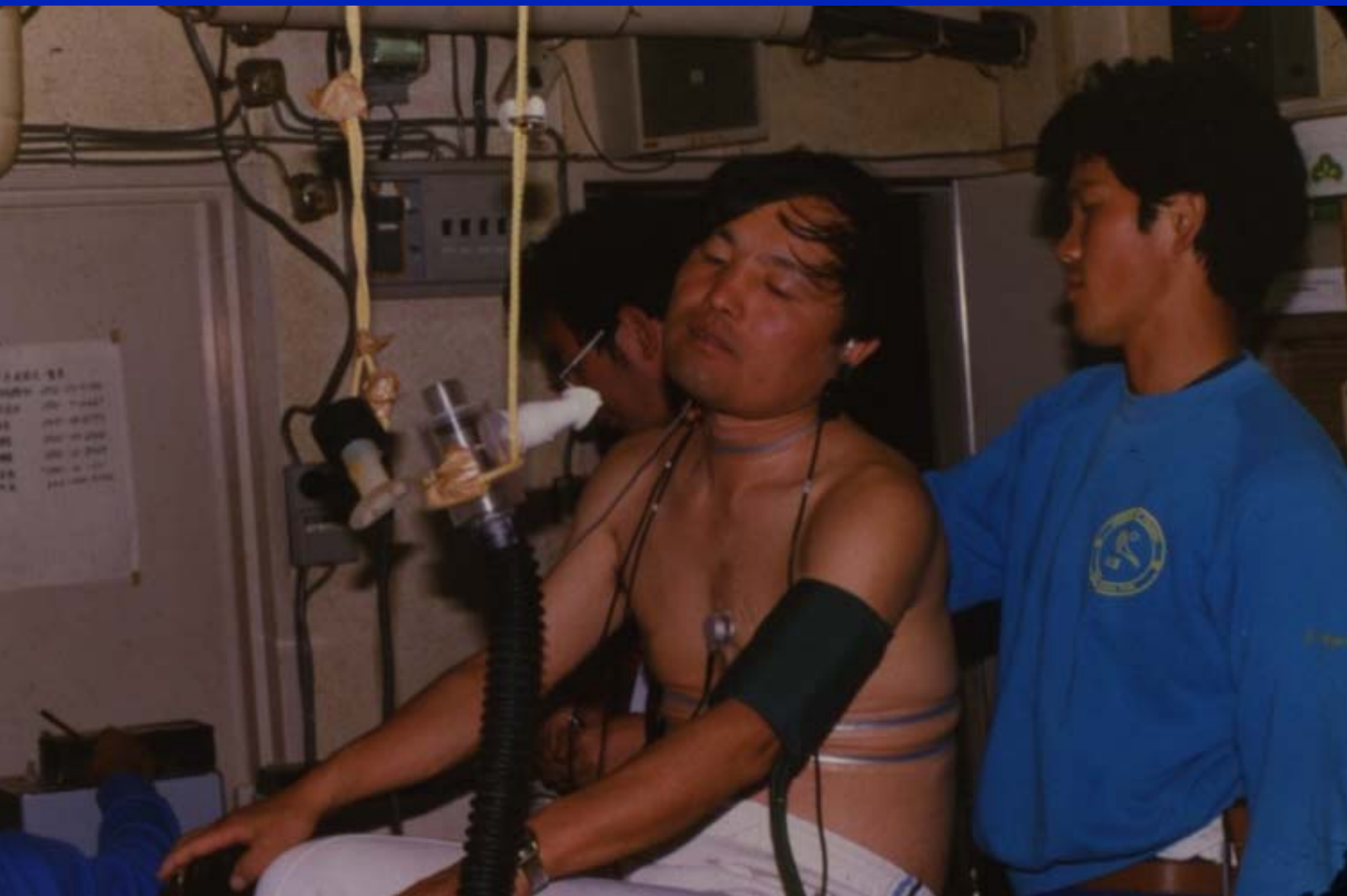




Polysomnogram  
recording



**Protocol of the experiment**



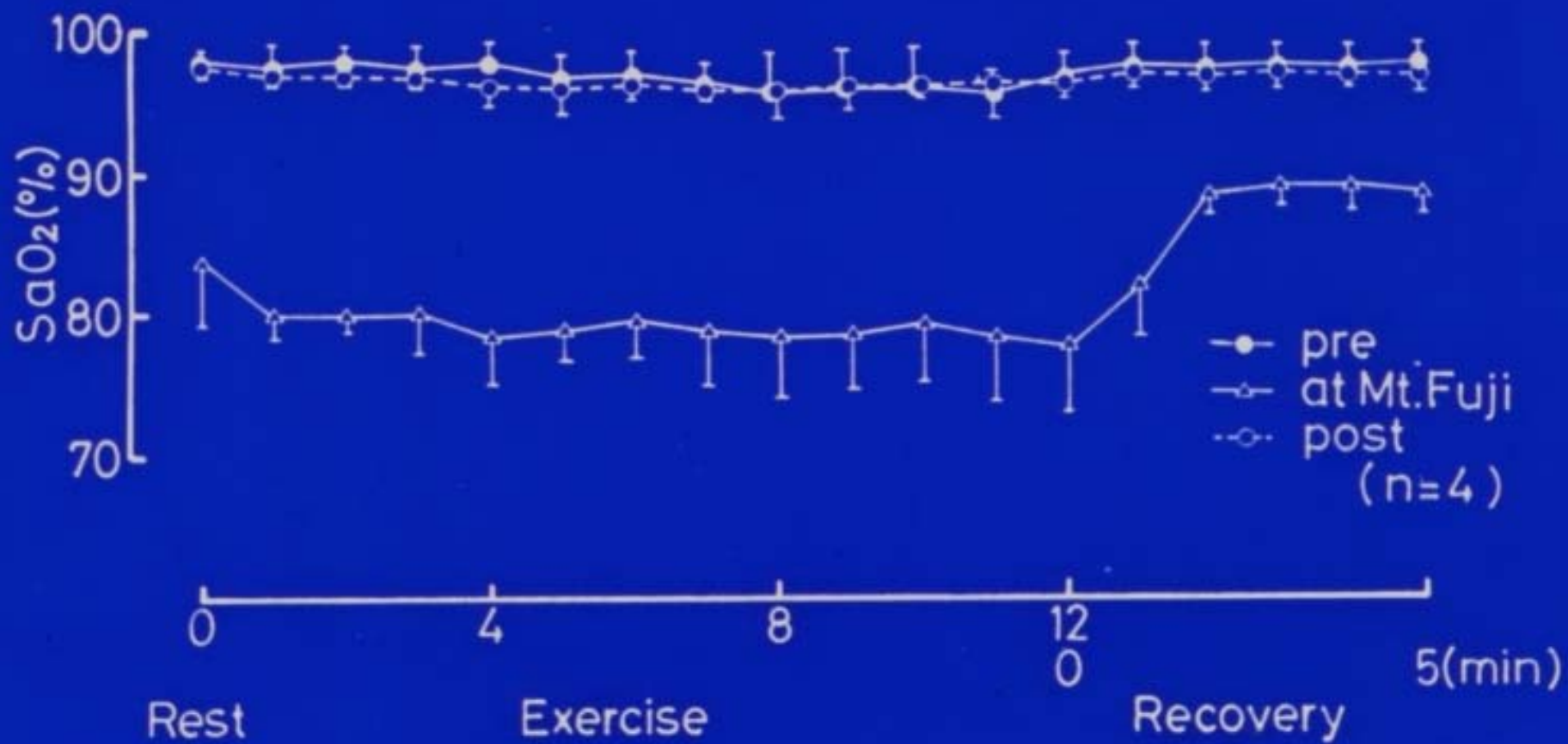
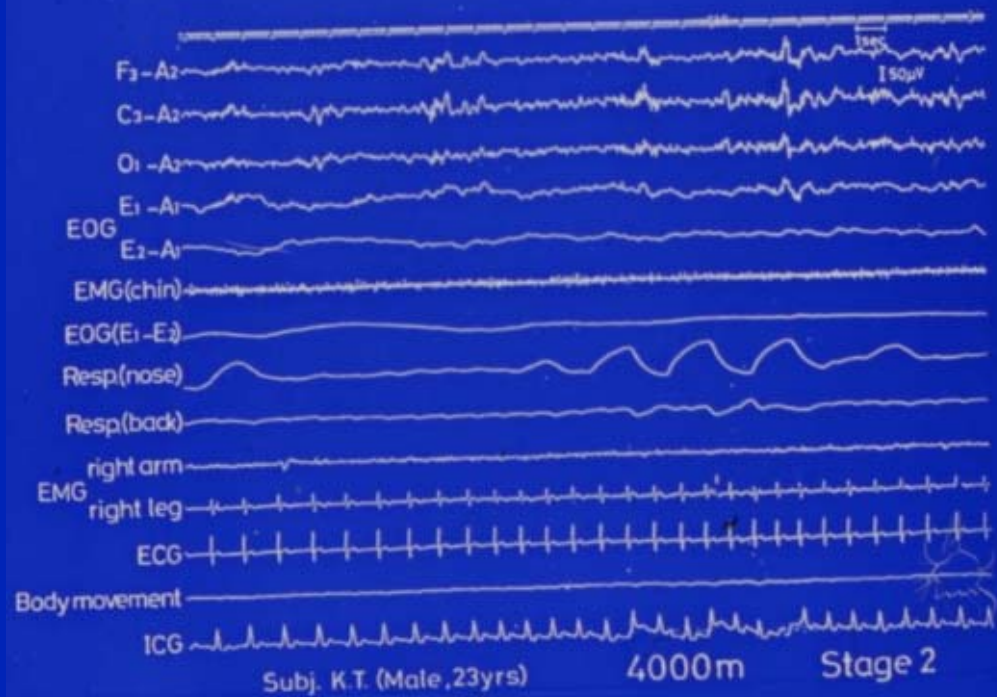
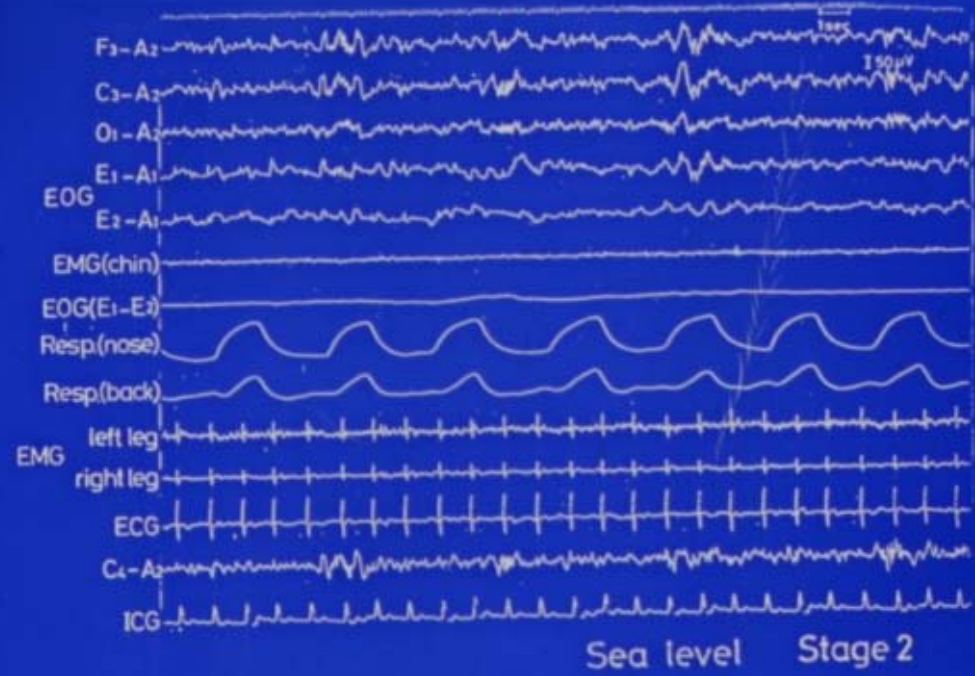
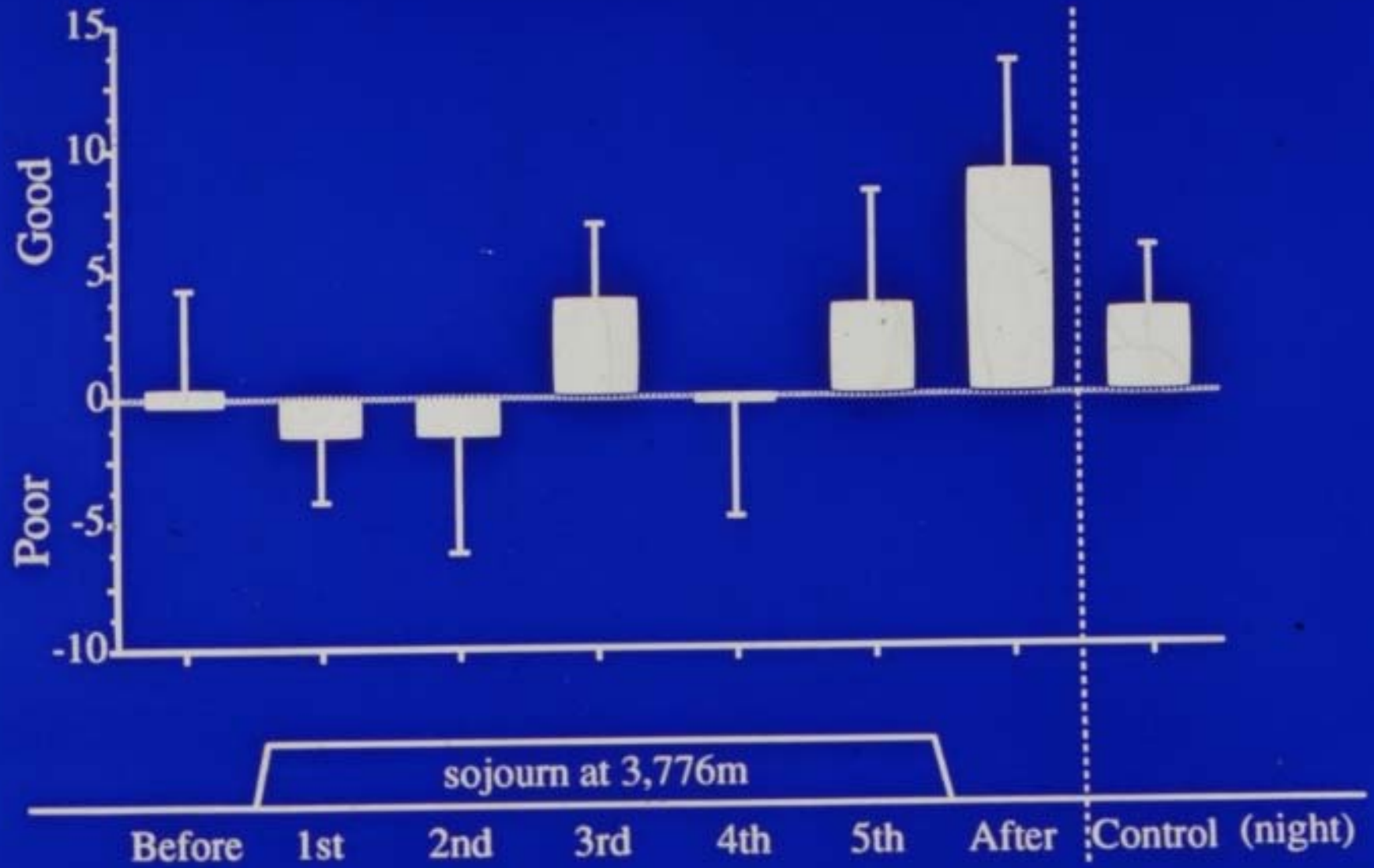


図1. 富士山頂に3週間滞在し中安静時の動脈血酸素飽和度(SpO<sub>2</sub>)の推移 (野沢井,2000)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
● 午後10時	83	84	88	86	91	92	90	89	93	93	95	94	94	96	96	96	96	96	97	96	95
● 午前6時	81	82	82	85	85	85	88	87	90	90	93	92	93	93	94	95	96	95	96	96	96







# Summary

1. It might be suggested that sympathetic nervous system was enhanced in cardiorespiratory function at rest and exercise during first week staying at Mt. Fuji.
2. Disturbed sleep characterized by an increased number of arousals and/or long wake time, apnea were observed to persist through the 5th nights in all subjects.  
These results suggest that sleep disturbance might persist during initial days at Mt. Fuji.
3. It might be proposed to take at least 10-12 weeks staying at Mt. Fuji for getting an acclimatization to Mt. Fuji (3776m).