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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Changes in RR at rest and during exercise

Changes in VE at rest and during exercise
Protocol of the experiment

Polysomnogram recording
Before

Every night at 3,776 m
stayed for 6 days,
n=3 (healthy male adults)

Top of Mt. Fuji
After

Control night
図1. 富士山頂に3週間滞在中安眠時の動脈血酸素飽和度（SpO₂）の推移（野沢井, 2000）

2000年5月

Sub. Iwasaki, H (40yrs. Male)

午後10時 午前6時
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).