

摘要

本研究主要目的在探討高中生的睡眠型態與學業表現的關係，試圖分析睡眠時間量及睡眠的規律性與其課業表現以及睡眠相關現象(白天嗜睡程度及睡眠品質)的關係，並探討白天嗜睡及睡眠品質之中介效果及以日夜節律型態之調節效果。本研究以自填「青少年睡眠習慣問卷」，對台灣北區普通高中及綜合高中中學術學程的高中生進行調查，採群集抽樣的方式進行，共進行 42 個班級施測，發出 1,650 份問卷，取得有效問卷 1,308 份樣本分別以日夜節律型態類型及高低成就動機兩種分類方式進行分析，主要研究結果如下：

1. 夜貓型高中生之週間週末規律性變項對於學業表現具有影響力。
2. 白日型高中生之週間規律性變項對於學業表現具影響力。
3. 以高低成就動機分組，兩組之睡眠型態變項對於學業影響力皆未達顯著性。
4. 白天嗜睡及睡眠品質在兩種分類分析下，皆無中介效果。

本研究初步結果支持夜貓型高中生在維持週間週末某種程度睡眠規律性對於學業表現具有相當的影響性，而早晨型在週間內維持其規律性也是對於其學業表現是具有顯著影響性，也就是依其日夜節律型態在其睡眠型態維持自己生活作息的規律性，而不在時間點或睡眠量的多寡來作要求，也許對於正值課業壓力或生心理高度變化的青少年時期會是更合適的睡眠作息。

關鍵詞：睡眠規律性、學業表現、日夜節律型態、白天嗜睡、睡眠品質

The Relationship between Sleep Pattern and Academic Performance in Senior High School Students

Shu-Ling Chou

Abstract

The purposes of this study are to explore the relationship of the sleep pattern with academic performance, day time sleepiness and sleep quality in senior high school students. Data were collected by sleep pattern questionnaire of the adolescent. The participants included 1650 students from the 10th grade to 12th grade, recruited from senior high schools in Taipei. Using stratified cluster sampling method. There were 1308 of valid questionnaires obtained. The major results are as follow:

- (1) The variability of the sleep-wake pattern between weekdays and weekends has significant influences on academic performance in the evening type students.
- (2) The variability of the sleep-wake pattern during weekdays showed significant influences on academic performance in the morning type students.
- (3) In both the high and low achievement motivation groups, sleep pattern showed no significant associations with academic performance.
- (4) The mediation effect of daytime sleepiness and sleep quality were not proven in all the data analyses.

In conclusion, the results indicate that in evening type students, maintaining regularity of sleep pattern between weekdays and weekends would be beneficial to their academic performance; and in the morning type students, keeping regular

weekday sleep-wake schedules seem to be more important for better academic performance. Therefore, when considering the influences on academic performance, regularity of sleep seem to be more important than quantity of sleep in high schoolers.

Key words: regulatiry of the sleep-wake pattern, academic performance, circadian types, daytime sleepiness, sleep quality