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Seminar on the topic "Going to sleep".  
Together with Christoph Morgenthaler  
Discussion with students  
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*How do students prepare for going to sleep?*

Some answers:

- when I was small, books were read to me; when my younger sister was born, I read to her
- from 5 to 10 years old I slept with mother; chatting with her I went to sleep. I couldn't sleep unless I touched her earlobe (*mimtabu*)
- up to the time I entered school mother was beside me until I fell asleep. As I grew older my sister, born four years before me, told me stories until I fell asleep
- until my parents had finished work I was alone. But mother always prepared supper. The whole family took the meals together. After the meal we watched TV, talked together, and the others listened to all I wanted to tell them
- until I went to school I went to sleep exactly at 9 o'clock. The whole family slept in the same room. I had my own bed. *komoriuta* (songs for going to sleep) were sung. I sometimes fell asleep in the *kotatsu* (a heat source underneath a low, covered table; originally a brazier with hot charcoal, later an infrared lamp mounted on the underside of the low table)
- before I was five my parents often read picture books to me.

*Touching*

- in my family there was practically no "skinship"
- *dakko* (being held in the arms) or holding hands was common, but usually there was absolutely no (other) touching. If I did something bad, however, I was embraced. That doesn't happen now anymore
- when putting me to sleep there was *dakko*, or I was taken on the shoulders

(*kataguruma*)

- when I was small father took me by the hand, or he took me *dakko*, but this doesn't happen anymore. Mother still today presses me into her arms when I feel sad
- we slept together
- I bathed together with father. (boy)

## *Father and mother*

- father works, mother does the household
- it was always mother who put me to sleep (*nekaseru*). No one else was involved in putting me to sleep. Although we all slept in the same room
- it is mother's job to put children to sleep. If we fell asleep outside the *futon* (*futon mattress usually stuffed with cotton and laid out on the tatami floor*) father carried us onto our *futon*
- father was someone who gave me the feeling I had to go to sleep early
- mother slept together with me. Father does not live with us

## *Are you frightened of anything?*

- darkness
- dark places, ghosts, thunder
- ghosts
- frightening things, ghosts
- earthquakes, missiles, thieves, fire
- at night, the roof often makes a creaking sound