

Sleep-Length, Noctcaelador, and Watching the Night-Sky to Cope

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ABSTRACT - The relationships between an interest in watching the night-sky (noctcaelador), sleep-length, and watching the night-sky as a coping mechanism were explored. Female university students ($N = 105$) completed the Noctcaelador Inventory, a night-sky related coping scale, and self-reported their habitual sleep-length. The results indicated that individuals reporting less sleep-length also reported higher levels of noctcaelador and watching the night-sky as a coping mechanism. However, noctcaelador and watching the night-sky to cope did not independently account for sleep-length. A factor analysis revealed that noctcaelador and watching the night-sky to cope were statistically indistinguishable. Based on the results it was posited that one function of noctcaelador may be that of a coping mechanism.
