

词汇: *sleep studies* 睡眠研究

Charles Darwin once said “A man who dares to waste one hour of time has not discovered the value of life”. If you live one hundred years, that only **equates** to twelve-hundred months – and when you **break it down** even further into days, hours and minutes, it gets more frightening. Why is this **relevant**? Well, quite simply put: life is short. Spending eight hours every day in a **slumber** means you’re losing a third of your life to bed. So, the question is: is eight hours the exact amount we need, or is it just a **myth**?

While most scientists agree that between seven and nine hours a night is the **optimal** amount, this is just a rough **estimate**. In truth, it’s a little more complicated than that. It seems that the amount of sleep you need depends upon your age – with infants needing much more than adults. What does seem **apparent** is that around seven and a half hours’ sleep is a good amount. In a study conducted at the University of Surrey Sleep Research Centre, the effects of sleep were **monitored**.

One group slept for six and a half and the other for seven and a half hours per night. While some **findings** were predictable – **irritation** and lower **concentration** in the group who slept less, there were some more surprising findings. The genes of people who had less sleep were affected. Genes associated with inflammation, the **immune system** and stress **response** became more active. The team also observed increases in the activity of genes related to diabetes and risk of cancer.

One of the biggest issues is that myths regarding sleep are constantly **perpetuated**. For example, have you ever heard that you can train yourself to need less or no sleep? It’s simply not true. We will always need a certain amount of sleep – eight hours might not be the exact **sweet spot**, and there are factors like age to **take into consideration**, but one thing is true – there is a certain amount we do actually need.

词汇表

equate to	相当于
break something down	将…细分为若干部分
relevant	相关的
slumber	睡眠, 睡梦
myth	没有根据的说法, 虚传
optimal	最佳的
estimate	估计
apparent	明显的
monitor	监测
finding	研究结果
irritation	烦躁, 恼火
concentration	注意力, 专注
immune system	免疫系统
response	反应
perpetuate	使…持续下去
sweet spot	最佳状态 (此处指最佳睡眠时长)
take into consideration	考虑到

测验与练习

1. 阅读课文并回答问题。

1. What does the Charles Darwin quote mean?
2. What do you spend a third of your life doing?
3. What is one of the factors in considering how much sleep you need?
4. Which genes became more active in people who had less sleep?
5. Can you train yourself to need less or no sleep?

2. 选择意思恰当的单词或词组来完成下列句子。

1. We don't have the exact figures, so we need to _____ it.

estimate	response	slumber	findings
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2. The results were surprising – some very interesting _____.

findings	consideration	monitor	irritation
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3. He promised to take my request into _____.

consideration	myth	irritation	findings
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4. That's a perfect situation – an _____ environment for learning.

slumber	estimate	optimal	perpetuate
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5. When you _____ it down into its smaller parts, it becomes clearer.

break	apparent	findings	estimate
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答案

1. 阅读课文并回答问题。

1. What does the Charles Darwin quote mean?

It means that if you truly understand how short life is, you wouldn't waste any time.

2. What do you spend a third of your life doing?

You spend a third of your life sleeping.

3. What is one of the factors in considering how much sleep you need?

Age is one of the factors when considering how much sleep you need.

4. Which genes became more active in people who had less sleep?

Genes associated with inflammation, the immune system and stress response became more active. The team also observed increases in the activity of genes related to diabetes and risk of cancer.

5. Can you train yourself to need less or no sleep?

No. Apparently this is just a myth.

2. 选择意思恰当的单词或词组来完成下列句子。

1. We don't have the exact figures, so we need to **estimate** it.

2. The results were surprising – some very interesting **findings**.

3. He promised to take my request into **consideration**.

4. That's a perfect situation – an **optimal** environment for learning.

5. When you **break** it down into its smaller parts, it becomes clearer.