

词汇: *sleep* 睡眠

Sleeping is important, but we all know that, right? Many people have experienced strange **sleeping patterns**, weird dreams and a feeling of **restlessness** and **drowsiness** during the coronavirus lockdown, despite a good night's sleep. So what sort of things can help you to improve your sleep?

There's a plethora of myths related to sleep, some of which can be quite damaging for our health. Former British Prime Minister Margaret Thatcher famously claimed that she only **hit the sack** for five hours a night. But according to experts this is detrimental to health. Likewise, **kiping** in front of the TV is another thing to avoid. The bright lights can prevent you from entering **deep sleep**.

From a young age we're told to **count sheep** to help us to **nod off**, with some choosing to stay in bed to battle with **insomnia**. However, some experts advise getting up and doing something mindless, like folding socks, to help us get in the mood to **catch forty winks**.

Psychologist Seth J. Gillihan PhD recommends walking to help in the battle against insomnia. He talks about a sleep study published in the journal Sleep Health which suggests that those who walk slightly more will experience better quality and duration of sleep. Watching what you eat or drink can also improve the amount of **REM**, or **rapid eye movement** you experience.

If you're a **snorer**, you might also want to take note. While most snoring is harmless, it could be a sign of **sleep apnoea**, with people suffering from the condition more likely to have strokes or heart attacks, irregular heartbeats or high blood pressure.

Finally, a decent **nap**, or even a **power nap**, can help you to be more alert, calm and focussed. So while there are some good tips like exercising or folding socks to help us get a **good night's sleep**, sometimes a good afternoon's sleep can help us tackle the day ahead.

词汇表

sleeping patterns	睡眠规律
restlessness	焦躁不安, 躁动
drowsiness	睡意朦胧, 昏昏欲睡
hit the sack	上床睡觉
kip	睡觉, 打盹
deep sleep	深度睡眠
count sheep	数绵羊
nod off	打瞌睡
insomnia	失眠
catch forty winks	打盹, 小睡
REM (rapid eye movement)	快速眼动睡眠
snorer	睡觉打呼噜的人
sleep apnoea	睡眠呼吸暂停
nap	小睡, 打盹
power nap	能量盹
a good night's sleep	睡个好觉

测验与练习

1. 阅读课文并回答问题。

1. Which famous person claimed she only slept for five hours a night?
2. Why is falling asleep in front of the TV a bad idea?
3. What should you do instead of staying in bed to battle insomnia?
4. What could snoring be a sign of?
5. What are the benefits of a power nap?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I can't sleep at night cause of his endless _____!

snorer	snoring	snore	snored
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2. A good walk can help you to _____ forty winks.

caught	catching	catch	catches
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3. I wish she would _____ sheep in her head!

counting	counts	counted	count
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4. A good power _____ in the afternoon can help you to survive the day.

napped	nap	naps	napping
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5. I feel really _____ today. I had a terrible night's sleep!

restless	rest	resting	restlessness
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答案

1. 阅读课文并回答问题。

1. Which famous person claimed she only slept for five hours a night?

Margaret Thatcher, the ex-prime minister of the UK.

2. Why is falling asleep in front of the TV a bad idea?

The bright lights of the TV can prevent you from falling into a deep sleep.

3. What should you do instead of staying in bed to battle insomnia?

Try getting up and doing something mindless, like folding socks.

4. What could snoring be a sign of?

It could be a sign of sleep apnoea, with people suffering from the condition more likely to have strokes or heart attacks, irregular heart-beats or high blood pressure.

5. What are the benefits of a power nap?

It can help you to be more alert, calm and focussed.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I can't sleep at night cause of his endless **snoring**!

2. A good walk can help you to **catch** forty winks.

3. I wish she would **count** sheep in her head!

4. A good power **nap** in the afternoon can help you to survive the day.

5. I feel really **restless** today. I had a terrible night's sleep!