

Five hours' sleep is tipping point for bad health

五小時睡眠是健康身體的最低要求

研究人員表示，每晚至少睡五小時可能會降低五十歲以上人群患多種慢性病的幾率，他們說，健康狀況不佳會影響睡眠，但睡眠不好本身也可能是疾病的預警或威脅健康的風險。

Experts generally **recommend** we all get around seven or eight hours' sleep per night for good health. Now new research, based on a study of UK **civil servants**, suggest five hours' might be the **bare minimum** you can get away with.

專家通常建議，為了身體健康，我們每晚都要睡七到八小時左右，現在，一項以英國公務員為調查物件的研究表明，五小時可能是避免威脅健康的最低睡眠時間。

The investigators from University College London and Paris City University **tracked** the health of 8,000 participants through their 50s, 60s and 70s to see if sleep duration might be linked to their chance of developing multiple **chronic** conditions such as cancer, diabetes or heart disease.

倫敦大學學院和巴黎城市大學的調查人員跟蹤調查了 8000 名參與者 50 歲、60 歲和 70 歲期間的健康狀況，以瞭解他們的睡眠時間是否與他們患多種慢性病的幾率有關，如癌症、糖尿病或心臟病。

The results suggest short sleep may be a risk or a **marker** for disease, and five hours a night is the **tipping point**.

研究結果表明，睡眠時間短可能是導致患病的風險或標誌，而每晚睡五小時則是健康狀況是否受影響的臨界點。

1. 詞彙表

recommend	建議
civil servants	公務員
bare minimum	最少量，最低限度
tracked	追蹤了
chronic	慢性的
marker	標誌
tipping point	臨界點，轉捩點

2. 閱讀理解：請在讀完上文後，回答下列問題。（答案見下頁）

1. What is considered a good amount of sleep for good health?
2. How much time do experts think is the minimum amount of sleep you need to stay healthy?
3. Which group of people were studied for this research about sleep?
4. What did this research aim to discover about the effects of too little sleep?

3. 答案

1. What is considered a good amount of sleep for good health?

Experts generally recommend we all get around seven or eight hours' sleep a night for good health.

2. How much time do experts think is the minimum amount of sleep you need to stay healthy?

The results of the research suggest short sleep may be a risk for disease and five hours a night is the tipping point.

3. Which group of people were studied for this research about sleep?

UK civil servants were studied for this research about sleep.

4. What did this research aim to discover about the effects of too little sleep?

The research aimed to discover if sleep duration might be linked to people's chances of developing multiple chronic conditions such as cancer, diabetes or heart disease.