BBC LEARNING ENGLISH
Take Away English 随身英语
Bad sleep 糟糕的睡眠会影响你的心理健康

Vocabulary: sleep 词汇：睡眠

How much sleep do you need? Do you find that if you don't get enough **shut-eye** and **wake up** feeling **dopey**, you spend the rest of the day in a bad mood? I certainly need my eight hours a night and that's important according to research, because bad sleep isn't good for our health.

We all need a good night's rest to **recharge our batteries,** but according to the Sleep Council in the UK, the average Briton gets six-and-a-half hour's sleep a night, which for most people is not enough. It's tempting to cut back on the sleep we get, after all there are plenty of other more fun or useful things to be doing. Sometimes the pressure of work or a long commute means that our **head hits the pillow** much later than it should. But lots of studies have shown that **cutting back** on sleep, deliberately or otherwise, can have a serious impact on our bodies.

Studies have proved that **sleep deprivation** has a negative effect on our bodies but it can also have an effect on our **mental health**. A BBC programme called Trust Me, I'm a Doctor ran an experiment with the University of Oxford and was surprised to discover how quickly the mood of the people they were testing changed when their sleep was restricted to four hours a night for just three nights. Doctoral student, Sarah Reeve, who ran the experiment, said: "There were increases in **anxiety**, depression and stress, also increases in **paranoia** and feelings of mistrust about other people".

This and other research into the mental health of students, has found that the **lack of sleep** increases our **negative emotions**. I know that when I'm sleep deprived, it is harder to feel positive about things or even **think straight**! Daniel Freeman, professor of clinical psychology at Oxford University, agrees that **insomnia** is bad for our brain. He says: "We have more negative thoughts when we're sleep-deprived and we get stuck in them".

Bad sleep doesn't automatically mean you'll get mental health issues but other studies have shown that depriving people of enough sleep for only a few nights in a row can be enough to put healthy adults into a **pre-diabetic state**. So with all this evidence maybe we should concentrate on sleeping well. This means going to bed at a sensible time and creating the right environment in the bedroom to relax and sleep in. There's also the modern distraction of using smartphones and tablets at bedtime, tempting us to stay awake. The blue light emitted by electronic devices makes us feel less **sleepy**. And using them **stimulates** our brain when it should be **winding down**. What helps you get a good night's sleep?

词汇表

shut-eye	闭眼，睡眠
wake up	醒来
dopey	嗜睡的，迷迷糊糊的
recharge our batteries	恢复我们的体力
head hits the pillow	头挨枕头，睡觉
cut back	减少
sleep deprivation	睡眠不足
mental health	心理健康
anxiety	焦虑（症）
paranoia	多疑，妄想症
lack of sleep	缺觉
negative emotions	负面情绪
think straight	清楚地思考，思路清晰
insomnia	失眠（症）
pre-diabetic state	糖尿病前期状态
sleepy	困的，瞌睡的
stimulate	刺激
wind down	平静下来，放松

测验与练习

I. 阅读课文并回答问题。

1. True or false? *Six and a half hours is not enough sleep for most people in the UK.*

2. How many hours' sleep did students have in the experiment carried out by the University of Oxford?

3. According to research, what happens to our mood when we have less sleep?

4. Which word used in the article means 'an effect or an influence'?

5. What is it about using smartphones and tablets at bedtime that stops us getting to sleep?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. She started feeling _____ and was convinced her boss was going to fire her.

dopey	paranoid	insomnia	stimulating

2. He suffers from depression, but he can't discuss his _____ with his employer.

mentally health	mentality	mental health	shut-eye

3. After working all night, I was unable to _____ at the meeting the next morning.

cut back	stimulate	think straight	recharge my batteries

4. Sean suffers from _____ because he drinks too much coffee before bedtime.

insomnia	a cold	shut-eye	dopey

5. A glass of wine really helps me _____ after a busy day at work.

wind up	winding	stimulate	wind down

答案

1. 阅读课文并回答问题。

1. True or false? *Six and a half hours is not enough sleep for most people in the UK.*
   True. According to the UK's Sleep Council in the UK, the average Briton gets six-and-a-half hour's sleep a night, which for most people is not enough.

2. How many hours' sleep did students have in the experiment carried out by the University of Oxford?
   Their sleep was restricted to four hours a night for just three nights.

3. According to research, what happens to our mood when we have less sleep?
   Lack of sleep increases our negative emotions and we have more negative thoughts.

4. Which word used in the article means 'an effect or an influence'?
   Impact.

5. What is it about using smartphones and tablets at bedtime that stops us getting to sleep?
   They emit blue light and using them stimulates our brain.

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. She started feeling **paranoid** and was convinced her boss was going to fire her.

2. He suffers from depression, but he can't discuss his **mental health** with his employer.

3. After working all night, I was unable to **think straight** at the meeting the next morning.

4. Sean suffers from **insomnia** because he drinks too much coffee before bedtime.

5. A glass of wine really helps me **wind down** after a busy day at work.