

词汇: *comfort* 舒适

Our working lives are becoming more flexible. The coronavirus pandemic has made us rethink how and where we work. For many, working from home has become the **new norm**, with some people finding the **cosiest** place to do this is in bed! But is this really the best place for your mind and body to carry out your job?

A '**duvet day**' used to be an informal way of describing taking a day off sick from work, but with improvements in technology, such as good wi-fi, you can now do most of your work tasks **reclining** in bed while still **tucked under** your duvet and maybe **snuggled up** in your **pyjamas**. The benefits are obvious: no travel time to work, no need to get dressed or even get out of bed – unless you want a cup of tea!

The trend seems to be growing. But for some, it's not a matter of choice – it might be the only spare space in their home where they can work. According to a BBC online article “this is especially true of young workers; in the UK, workers aged 18 to 34 are the least likely to have a proper desk and chair and are twice as likely to work from bed than older workers.”

Online retailers have reported a huge increase in people searching for **laptop stands** and **support pillows**. Although they might make the **bed-working** regime more **comfortable**, the reality is that your long-term health, particularly your **posture**, could suffer. Your neck, back, hips and more are all **strained** when you're on a soft surface that encourages you to **slump** or **sprawl**.

Working from bed can also affect your mental health. Sophie Bostock, founder of The Sleep Scientist, told the BBC: “If you don't have a good day at work, you start to change your associations with your bed as being about **stress**, deadlines, an awkward conversation with your boss.” Stress, of course, can lead to **insomnia** and the only cure for that is a long Zoom work meeting to help you **doze off**!

词汇表

new norm	新常态
cosy	温暖舒适的，惬意的
duvet day	“卧被偷懒假”，员工在感到劳累或稍有不适时可享受的一天假期
recline	向后倚靠
tuck under	卧在、缩在…下面
snuggle up	舒适地躺，偎倚
pyjamas	睡衣裤
laptop stand	笔记本电脑支架
support pillow	支撑颈背等部位的背靠式枕头
bed-working	在床上办公的，卧床工作的
comfortable	舒适的，舒服的
posture	（坐立的）姿势
strained	（身体部位）使用过度的，负担过大的
slump	驼背弯腰地坐着
sprawl	摊开四肢坐，懒散地瘫坐
stress	紧张，压力
insomnia	失眠
doze off	打瞌睡，睡着

测验与练习

1. 阅读课文并回答问题。

1. According to the article, what can you wear while working in bed?
2. Why might younger people be more likely to work from their bed?
3. What aids are people buying to help them work from bed more comfortably?
4. True or false? *Surfaces that encourage you to slump can affect your posture.*
5. Why might you develop a bad association between work and your bed?

2. 选择意思恰当的单词或词组来完成下列句子。

1. There's nothing better on a cold winter's night than to _____ with a good book and a cup of hot chocolate.

snuggle up	tucked up	slump up	cosiest
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2. My boyfriend's been working so hard, I found him _____ over his computer when I got home.

tucked under	cosy	slumped	posture
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3. On holiday I was _____ on a sun bed, drinking cocktails, when all of a sudden it started to rain!

reclined	reclining	recline	reclines
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4. On the bus, the man was _____ across the seat, so I had to stand up for the whole journey.

slumped	tucked	posture	sprawled
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5. The lecture was so boring, I started to _____.

dozing off	doze off	dozed off	doze out
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答案

1. 阅读课文并回答问题。

1. According to the article, what can you wear while working in bed?

You can work from bed snuggled up in your pyjamas.

2. Why might younger people be more likely to work from their bed?

In the UK at least, workers aged 18 to 34 are the least likely to have a proper desk and chair or a space in the house to work in.

3. What aids are people buying to help them work from bed more comfortably?

Online retailers have reported a huge increase in people searching for laptop stands and support pillows.

4. True or false? *Surfaces that encourage you to slump can affect your posture.*

True. Your neck, back, hips and more are all strained when you're on a soft surface that encourages you to slump or sprawl.

5. Why might you develop a bad association between work and your bed?

According to Sophie Bostock "If you don't have a good day at work, you start to change your associations with your bed as being about stress, deadlines, an awkward conversation with your boss."

2. 选择意思恰当的单词或词组来完成下列句子。

1. There's nothing better on a cold winter's night than to **snuggle up** with a good book and a cup of hot chocolate.

2. My boyfriend's been working so hard, I found him **slumped** over his computer when I got home.

3. On holiday I was **reclining** on a sun bed, drinking cocktails, when all of a sudden it started to rain!

4. On the bus, the man was **sprawled** across the seat, so I had to stand up for the whole journey.

5. The lecture was so boring, I started to **doze off**.