

The myth of the eight-hour sleep 为何八小时睡眠?

英语学习点: *Vocabulary: Sleep* 睡眠

Good morning. Are you **bright-eyed and bushy-tailed** after your recommended eight-hour sleep? Or perhaps instead you **dropped off** for four hours, got up, had a chat, smoked tobacco and visited some neighbours before **hitting the sack** for another four hours.

A growing number of experts are suggesting that the latter is actually a more natural way for us to **recharge our batteries** than the eight-hours-in-one-session sleeping pattern that people have come to consider normal.

In researching his book on the subject of **shut-eye**, Roger Ekirch discovered over 500 historical references to a first and second segmented sleeping pattern. They come from diaries, court records, medical books and literature.

By the late 17th century, street lighting started to appear in cities and more people began to consider spending the night **kiping** a waste of valuable time. Around the same time, references to a first and second sleep start to disappear.

So, if you are one of those people who find themselves **wide awake** in the middle of the night and **toss and turn** unable to return to the **land of nod**, your **insomnia** may not be a medical condition after all.

According to sleep psychologist Gregg Jacobs, "For most of evolution we slept a certain way. Waking up during the night is a part of normal human physiology." But the majority of doctors still don't recognise that one eight-hour **slumber** might be unnatural.

So what's the advice for those who after hours of **counting sheep** still can't **nod off**? Lie back and relax. It could actually be good for you.

我困得要命谁家

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Did humans always try to sleep in one eight-hour session?
2. Are there many references to first and second sleep segments in historical documents?
3. Why did people start to stay out later at night from the 17th century?
4. Which word in the article means difficulty in sleeping?
5. What technique for helping people fall asleep is mentioned?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I went to the cinema last night but was so tired I _____ off for an hour.

fell	slept	drop	dropped
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2. I'm tired. I'm going to hit _____ sack.

a	the	one	some
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3. Most people think that an _____ sleep is normal.

eight hour	eighthour	eight-hour	eight-hours
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4. My wife couldn't sleep last night. She was _____ for hours.

toss and turn	turn and toss	tossing and turning	tossed and turned
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5. After _____ sheep for hours, I managed to fall asleep.

thinking	imagining	counting	shearing
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Did humans always try to sleep in one eight-hour session? No. A growing number of experts are suggesting that the latter is actually a more natural way for us to recharge our batteries than the eight-hours-in-one-session sleeping pattern that people have come to consider normal.
2. Are there many references to first and second sleep segments in historical documents? Yes. Roger Ekirch discovered over 500 historical references to a first and second segmented sleeping pattern.
3. Why did people start to stay out later at night in the late 17th century? By the late 17th century, street lighting started to appear in cities and more people began to consider spending the night kipping a waste of valuable time.
4. Which word in the article means difficulty in sleeping? Insomnia.
5. What technique for helping people fall asleep is mentioned? Counting sheep.

Exercise 练习

1. I went to the cinema last night but I was so tired I dropped off for an hour.
2. I'm tired. I'm going to hit the sack.
3. Most people think an eight-hour sleep is normal.
4. My wife couldn't sleep last night. She was tossing and turning for hours.
5. After counting sheep for hours, I managed to fall asleep.

Glossary 词汇表	
bright-eyed and bushy-tailed	精神抖擞
to drop off	去睡觉
to hit the sack	去睡觉
to recharge your batteries	养精蓄锐
a sleeping pattern	睡眠习惯
shut-eye	闭上眼睛
to kip	（口语化）睡觉/打盹
wide awake	没有困意
to toss and turn	翻来覆去/辗转反侧，
the land of nod	睡乡/梦乡
insomnia	失眠
a sleep psychologist	研究睡眠的心理学家
slumber	睡眠
counting sheep	数数
to nod off	入睡