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https://www.100test.com/kao_ti2020/218/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_218194.htm More Than 8 Hours Sleep Too Much of a Good Thing Although the dangers of too little sleep are widely known , new research suggests that people who sleep too much may also suffer the consequences . Investigators at the University of California in San Diego found that people who clock up 9 or 10 hours each weeknight appear to have more trouble falling and staying asleep , as well as a number of other sleep problems , than people who sleep 8 hours a night . People who slept only 7 hours each night also said they had more trouble falling asleep and feeling refreshed after a night ' s sleep than 8-hour sleepers . These findings, which DL Daniel Kripke reported in the journal Psychosomatic Medicine, demonstrate that people who want to get a good night ' s rest may not need to set aside。 more than 8 hours a night . He added that “ it might be a good idea ' for people who sleep more than 8 hours each night to consider reducing the amount of time they spend in bed, but cautioned that more research is needed to confirm this . Previous studies have shown the potential dangers of chronic shortages of sleep—for instance, one report demonstrated that people who habitually sleep less than 7 hours each night have a higher risk of dying within a fixed period than people who sleep more . For the current report , Kripke reviewed the responses of 1 , 004 adults to sleep questionnaires , in which participants indicated how much they slept during the Week and

whether they experienced any sleep problems . Sleep problems included waking in the middle of the night , arising early in the morning and being unable to fall back to sleep , and having fatigue interfere with day-to-day functioning . Kripke found that people who slept between 9 and 10 hours each night were more likely to report experiencing each sleep problem than people who slept 8 hours . In an interview, Kripke noted that long sleepers may struggle to get rest at night simply because they spend too much time in bed . As evidence , he added that one way to help insomnia is to spend less time in bed . “ It stands to reason that if a person spends too long a time in bed, then they ’ ll spend a higher percentage of time awake . ” he said .

1. Paragraph 2 ____ . 2. Paragraph 4 ____ . 3. Paragraph 5 ____ . 4. Paragraph 6 ____ .

A. Kripke ’ s research tool
B. Dangers of Habitual shortages of sleep
C. Criticism on Kripke ’ s report
D. A way of overcoming insomnia
E. Sleep problems of long and short sleepers
F. Classification of sleep problems

5 . To get a good night ’ s rest , people may not need to ____ . 6 . Long sleepers are reported to be more likely to ____ . 7 . One of the sleep problems is waking in the middle of the night , unable to ____ . 8. One survey showed that people who habitually ____ each night have a higher risk of dying . A fall asleep again . B become more energetic the following day
C sleep less than 7 hours
D confirm those serious consequences
E suffer sleep problems
F sleep more than 8 hours

参考
答案 : More Than 8 Hours Sleep Too Much of a Good Thing

1. E : Investigators ...found that people who clock up 9 or 10 hours each weeknight appear to have more trouble falling, than...该句回应

了文章的主题睡眠时间太长不是好事；对应被选项发现只有E和F与这个内容有关系，但段落最后一句中又提到了睡眠不足的人的问题，因此判断E是答案（睡眠长和睡眠短的人所面临的睡眠问题）。2. B. 分析：段落的结构-- Previous studies have shown the potential dangers of chronic shortages of sleep—for instance..表明了该段的中心是讲述“长期睡眠不足的潜在危险”3. A. 分析：对于该段落答案的选择具有一定的迷惑性，A和F容易相互成为干扰项，但由于段落中提到的“睡眠问题”是属于问卷上要回答的内容，是和Kripke的直接研究有关，所以判断A是答案。同时猜测F可能是干扰项4. D：段落中出现的Kripke found, Kripke noted和he added表明“Kripke的观点和态度应该是该段的中心”，对比被选项排除C（段落中没有出现批评的话语）和F（段落中没有具体提到睡眠问题的表现形式），而段落最后第2句提到了克服失眠的方法少花时间在床上，与D呼应。5. F. 分析：根据搭配结构need to do sth.判断所有选项都在语法上合适。借助搭配句意：“为了获得晚上好的休息，人们没有必要。。”判断F（睡眠超过8小时）。6. E. 分析：借助搭配句意：“睡眠时间长的人根据报道更有可能。。”，并结合文章主题睡眠时间长不是好事情，判断E合适。也可借助文章中的相关内容（利用题干中的Long sleepers和more likely 作为答案线索）：Kripke found that people who slept between 9 and 10 hours each night were more likely to report experiencing each sleep problem than people who slept 8 hours. 7. A. 分析：借助搭配句意：“其中的一个睡眠问题是在午夜醒来，不能。。”，直接判断A（再次入睡）合适。8. C. 分析：借助搭配句意：“一项调查显示那些习

惯性每晚...的人有更高的死亡风险。” 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com