

2011年全国公共英语四级PETS4考试阅读精讲（62）PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/644/2021_2022_2011_E5_B9_B4_E5_85_A8_c88_644728.htm 公共英语等级考试四级PETS4阅读精讲（62）。百考试题#0000ff>公共英语四级考试站为您接下来的考试做足准备，一举拿下公共英语四级考试！ Read the following text carefully and then translate the underlined segments into Chinese. Your translation should be written clearly on answer sheet 2.

21) Judging from recent surveys, most experts in sleep behavior agree that there is virtually an epidemic of sleepiness in the nation. “ I can ’ t think of a single study that hasn ’ t found Americans getting less sleep than they ought to ” , says dr. David. Even people who think they are sleeping enough would probably be better off with more rest.

22) The beginning of our sleep-deficit crisis can be traced to the invention of the light bulb a century ago. From diary entries and other personal accounts from the 18th and 19th centuries, sleep scientists have reached the conclusion that the average person used to sleep about 9.5 hours a night. “ The best sleep habits once were forced on us, when we had nothing to do in the evening down on the farm, and it was dark ” . By the 1950s and 1960s, that sleep schedule had been reduced dramatically, to between 7.5 and 8 hours, and most people had to wake to an alarm clock. “ people cheat on their sleep, and they don ’ t even realize they ’ ve doing it. ” Says Dr. David. “ They think they ’ re okay because they can get by on 6.5 hours, when they really need 7.5, 8 or even more to feel ideally vigorous. ” perhaps the most merciless robber of sleep,

researchers say, is the complexity of the day. 23) Whenever pressures from work, family, friends and community mount, many people consider sleep the least expensive item on his programme. 24) “ In our society, you ’ re considered dynamic if you say you only need 5.5 hours ’ sleep. If you ’ ve got get 8.5 hours, people think you lack drive and ambition ” . 25) To determine the consequences of sleep deficit, researchers have put subjects through a set of psychological and performance tests requiring them, for instance, to add columns of numbers or recall a passage read to them only minutes earlier. “ We ’ ve found that if you ’ re in sleep deficit, performance suffers, ” says Dr. David, “ short-term memory is weakened, as are abilities to make decisions and to concentrate. ”

解析： 21.近来的调查研究表明，大多数睡眠行为的专家认为事实上在全国范围内正流行着一种嗜睡病。 22.睡眠不足的危机可以追溯到一个世纪以前电灯泡的发明。 23.来自工作家庭朋友和社区的压力一旦增大，很多人就会将睡眠列为时间表上最廉价的一项。 24.在我们的社会里，如果你说你只需要5.5小时的睡眠，你会被认为是精力充沛的。如果你得睡8.5小时，你会被认为缺乏干劲和抱负。 25.为确定睡眠不足得后果，研究员对被测者进行一系列得心理和表现测试。例如，要求被试者将几列数字相加，或让他们回忆几分钟前读给他们听的一段文字。

Writing 例文： Fast Food Fast food is becoming more popular in China, especially among children and teenagers. Toaday, its certainly difficult to think of any other single thing that represents the fast pace of modern society as powerfully as fast food. There are several reasons for its popularity. First, it is very convenient and saves

a lot of time. The trends of modern society seem to all point to one ultimate goal--saving time. And fast food well serves this purpose. You just go into a fast food restaurant, order your food, and your food is ready in no time. You can either eat it there or take it away. Second, its popularity is also attributed to the clean and comfortable environment of fast food restaurants, the excellent service, and the guaranteed quality of food. However, in terms of nutrition, fast food is far from satisfactory. It usually does not compose a balanced diet and is low in nutritional value. Thus, doctors suggest that people, especially children, eat fast food as little as possible. Although cooking at home is timeconsuming and the following washing up tiresome, it offers healthy and delicious meals your body likes and needs. Fast food is only a good choice when you are in a hurry and turn on it once in a while . 相关推荐：[公共英语等级考试四级PETS4阅读精讲（61）](#) [公共英语等级考试四级PETS4阅读精讲](#) [2011年pets4考试阅读模拟题汇总](#) [2011年pets4考试完形填空练习汇总](#) [公共英语四级阅读理解部分命题规律及解题思路](#) 编辑推荐：[2011年上半年公共英语考试报名时间汇总](#) [2010年下半年公共英语考试成绩查询汇总](#) [2011年全国公共英语\(pets\)等级考试注意事项](#) [2011年全国公共英语\(pets\)等级考试免考规定](#) 更多相关信息：[公共英语考后晒分区](#)，[公共英语考试辅导](#)！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