

2010年职称英语理工类B级完型填空考点精华(2)职称英语考试  
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[https://www.100test.com/kao\\_ti2020/644/2021\\_2022\\_2010\\_E5\\_B9\\_B4\\_E8\\_81\\_8C\\_c91\\_644995.htm](https://www.100test.com/kao_ti2020/644/2021_2022_2010_E5_B9_B4_E8_81_8C_c91_644995.htm) div id="tjjs" class="kcx"> Taking a Nap During the Day Medical experts say most Americans do not get 51 sleep. They say more Americans need to rest for a short period in the middle of the day. They are advising people to sleep lightly before 52 with other activities. One study earlier this year found that persons who sleep for a few minutes during the day were less 53 to die of heart disease. The study followed more than 2,300 Greek adults 54 about six years. Adults who rested for half an hour 55 three times a week had a 37 percent lower risk of dying from heart disease than those who did not nap. Study organizers said the strongest evidence was in working men. They said naps might improve 56 by mitigating tension caused by work. Some European and Latin American businesses have supported the 57 of napping for many years. They urge people to 58 work, go home and have a nap before returning. In the United States, some companies let workers rest briefly in their offices. They believe this reduces 59 and accidents, and 60 increases the amount of work a person can do. Sleep experts say it is likely that people make more mistakes at work than at other times. They say people should not carry out important duties when they feel 61 And they say the best thing to do is to take a nap. About twenty minutes of rest is 62 you need. Experts say this provides extra energy and can increase your effectiveness 63 the end of the day. But experts warn that a nap 64 last no more than twenty to thirty minutes. A longer

nap will put the body into deep sleep and waking up will be 65 . 51. A  
sweet B sound C bad D enough 52. A checking B sharing C  
continuing D meeting 53. A lovely B likely C fondly D finely 54. A  
for B at C in D with 55. A at least B at most C at last D at first 56. A  
ability B health C thinking D life 57. A experiment B reform C idea D  
way 58. A repeat B improve C change D leave 59. A work B mistakes  
C energy D time 60. A never B seldom C too D also 61. A ready B  
good C sleepy D awake 62. A all B few C any D nothing 63. A unless  
B while C until D during 64. A would B may C might D should 65. A  
helpful B difficult C easy D happy 相关推荐：把职称英语页面加入  
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