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年6月英语四六级试题答案专题 The popular notion that older people need less sleep than younger adults is a myth, scientists said yesterday. While elderly people 47.tend to sleep for fewer hours than they did when they were younger, this has a 48.negative effect on their brain ' s performance and they would benefit from getting more, according to research. Sean Drummond, a psychiatrist at the University of California, San Diego, said that older people are more likely to suffer from broken sleep, while younger people are better at sleeping 49.efficiently straight through the night. More sleep in old age, however, is 50.associated with better health, and most older people would feel better and more 51.alert if they slept for longer periods, he said. 百考试题，考试伴你同行 "The ability to sleep in one chunk overnight goes down as we age but the amount of sleep we need to 52.function well does not change," Dr Drummond told the American Association for the Advancement of Science conference in San Diego. "It ' s 53.definitely a myth that older people need less sleep. The more healthy an older adult is, the more they sleep like they did when they were 54.younger. Our data suggests that older adults would benefit from 55.continuing to get as much sleep as they did in their 30s. That ' s 56.different from person to person, but the amount of sleep we had at 35 is probably the same amount we need at 75." 47. N 空前有to填动词 48. L 空前冠词空

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