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Sleeping People who sleep for more than eight hours a night do not live as long as those who sleep for six hours , according to the biggest study yet into sleep patterns and mortality(死亡率) . www. Examda.CoM考试就到百考试题 Scientists have no explanation for the findings and do not know if they mean people who like a lie . in(睡懒觉)Can extend their lives by sleeping less . . Although it is a common belief that sleeping for at least eight hours a night is vital for health and wellbeing . the six . year study involving more than 1 . 1 million Americans older than 30 found that those who slept for 1ess than eight hours were far from doing themselves any longterm harm. “ Individuals who now average 6 . 5 hours of sleep a night Can be reassured that this is a safe amount of sleep . From a health standpoint. there is no reason to sleep longer, ” said Daniel Kripke , a professor of psychiatry(精神病学)at the University of California , San Diego . Dr . Kripke said . “ We

don't know if long sleep periods lead to death . Additional studies are needed to determine if setting your alarm clock earlier will actually improve your health . ” The scientists , who were funded by the American Cancer Society , found也at the best survival rates were among the men and women who slept for seven hours a night . Those who slept for eight hours were 12 per cent more likely to die during t11e sixyear period of the study,when other factors such as diet and smoking were taken into account . Even those who spent a mere five hours a night in bed lived longer than those who slept eight or more hours . However, an increasing death rate was found among those who slept for less than five hours . Dr . Kripke said . “ Previous sleep studies have indicated that both short-and long-duration(持续时间)sleep had higher mortality rates . However, none of those studies were large enough to distinguish the difference between seven and eight hours a night , until flow . ”

音频解析 : 1. More than 1 ' 1 million Americans participated in the six-year study . A. Right B. Wrong C. Not mentioned 正确的答案是: A 2. All the participants were from the state of California . A. Right B. Wrong C. Not mentioned 正确的答案是: C 3. The study shows that the longer you sleep each night , the longer you ' ll live . A. Right B. Wrong 本文来源:百考试题网 C. Not mentioned 正确的答案是: B 4. The findings indicate that it is all right to sleep for 6.5 hours a night . A. Right B. Wrong C. Not mentioned 正确的答案是: A www. Examda.CoM 考试就到百考试题 5. Most of the participants slept for 7 hours a night during the study . A. Right B. Wrong C. Not mentioned 正确的答案是: C 6. Sleeping for less

than 5 hours each night is better than sleeping for 5 hours A. Right B. Wrong C. Not mentioned 正确的答案是: B
7. The study was the first to tell the difference between 7 and 8 hours of sleep a night A. Right B. Wrong C. Not mentioned 正确的答案是: A 相关推荐

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#0000ff>2011年职称英语卫生完型填空汇总 #0000ff>2011年卫生类职称英语考试模拟试题及答案 为了能及时获取2011年职称英语相关信息，建议大家收藏百考试题职称英语考试频道点击收藏，我们会第一时间发布相关信息。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