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为了帮助广大考生有效备考2012年全国职称英语考试，小编整理了职称英语考试复习资料，希望对您系统掌握2012年职称英语考试的重点内容，顺利通过职称英语考试有所帮助。阅读下面这篇短文，短文后有2项测试任务：(1)第23～26题要求从所给的6个选项中为第2～5段每段选择1个正确的小标题。(2)第27～30题要求从所给的6个选项中选择4个正确选项，分别完成每个句子。请将答案涂在答题卡相应的位置上。

More Than 8 Hours Sleep Too Much of a Good Thing

1. Although the dangers of too little sleep are widely known, new research suggests that people who sleep too much may also suffer the consequences.

2. 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.

3. 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. 4. 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. 5. 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. 6. 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 答案： 1. E 2. B 3. A 4. D 5. F 6. E 7. A 8. C 相关推荐： #0000ff>职称英语常用语法详解汇总 #0000ff>2012年职称英语考试复习日程安排表 #0000ff>2012年职称英语考试复习教材 为了能够顺利查分，请考生密切关注#0000ff>2011年3月职称英语考试成绩查询时间，百考试题祝大家顺利通过考试！ 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