



Vocabulary: synchronicity and rhythm 词汇：同步性和节奏

From Monday to Friday, many of us have an early start and a long day. By the time we've gone to bed and managed to fall asleep, we've been woken up by the alarm to do it all again. Come the weekend, and we're totally exhausted. We sleep in way past our usual wake-up time just to stay **in sync** enough to start again on Monday.

Welcome to social jet lag. That's the term for the **disparity** between our working-week sleeping **pattern**, when our sleep times **relate** to our responsibilities, and the weekend, when we can wake when we choose. And depending on what type of person you are, the difference can be significant.

For night owls - those whose natural **rhythm** is to wake and go to bed later - there can be significant health-related issues, according to a recent study published by Taylor and Francis Group online. The study concludes the further the **divergence** between working-week and weekend sleep times, the greater the health issues – including a higher risk of heart disease and other metabolic problems. And because so many jobs and tasks start early, night owls are effectively forced into **harmonising** with the early birds.

So what can night owls do: force themselves to **integrate** by sacrificing their lie in? 'It's the worst thing you can do' says Professor Till Roenneberg, professor of chronobiology at the Institute of Medical Psychology at Ludwig-Maximilian University in Munich. This is because people's sleep pattern is half determined by genetics. The other half **correlates** with their age and environment. Getting less sleep is unlikely to **realign** your genetic tendencies.

Our bodies evolved to **coordinate** with the rise and fall of the Sun. We should feel sleepy as the light dissipates. But modern life, with its artificial light and modern devices, such as computers and smartphones, means we have **deviated**. Now we are exposed to more light for longer periods of time, keeping our bodies awake longer. For night owls, who already tend to sleep later, this delays things even further.

One solution, beyond changing society's early-start tendencies, is to **reorient** our body clock by manipulating our exposure to light. By taking more sunlight in the morning and minimising the amount of artificial light we are exposed to in the evening – particularly on electronic devices - we can **rebalance** our bodies to feel sleepy earlier. It's far from easy, but better than losing your whole weekend to sleep.

词汇表

in sync	同步的
disparity	差异
pattern	模式，习惯
relate	联系，与...一致
rhythm	规律
divergence	差异
harmonise	和...保持一致
integrate	融入（某群体）
correlate	与...相关，相互关联
realign	重新排列，改组
coordinate	配合
deviate	违背规则，偏离
reorient	重新适应，再调整
rebalance	再平衡

测验与练习

1. 阅读课文并回答问题。

1. What is a night owl?
 2. What kind of health issues can occur as a result of social jet lag?
 3. True or false: *A person's sleep pattern is all to do with genetics.*
 4. How can a person reorient their body clock?
 5. Which word in the text means 'gradually become less and disappear'?
2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. It didn't take long for John to _____ into the team in his new role.

divergence	coordinate	realign	integrate
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2. Do not _____ from the plan at all. People could get hurt.

divergence	deviate	disparity	harmonise
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3. Minister, it is important you change your stance on this issue. You need to _____ with public opinion or lose the election.

rebalance	correlate	realign	in sync
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4. It will be a team effort. Our two departments will _____ on the project until its completion.

attune	correlate	reorient	coordinate
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5. My wife and I are very _____. We tend to wake up, eat and feel tired at the same times.

in sync	on sync	with sync	out of sync
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答案

1. 阅读课文并回答问题。

1. What is a night owl?
A person whose natural rhythm is to wake and go to bed later.
2. What kind of health issues can occur as a result of social jet lag?
Social jet lag can cause a higher risk of heart disease and other metabolic problems
3. True or false: *A person's sleep pattern is all to do with genetics.*
False. Peoples sleep patterns are half determined by genetics and half by their age and environment.
4. How can a person reorient their body clock?
Manipulate their exposure to light. Take more sunlight in the morning and minimise artificial light in the evening.
5. Which word in the text means 'gradually become less and disappear'?
Dissipate. (We should feel sleepy as the light dissipates.)

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. It didn't take long for John to **integrate** into the team in his new role.
2. Do not **deviate** from the plan at all. People could get hurt
3. Minister, it is important you change your stance on this issue. You need to **realign** with public opinion or lose the election.
4. It will be a team effort. Our two departments will **coordinate** on the project until its completion
5. My wife and I are very **in sync**. We tend to wake up, eat and feel tired at the same times.