

# 流利阅读11.24

#英语/流利阅读

## Get comfy! How curling up on the sofa became the height of fashion

怎么舒服怎么来！窝沙发 look 成为尖端时尚

The onset of winter is enough to make even the most sociable of us want nothing more after work than a simple formula: sofa, sweatpants, and a series on the laptop. Guess what? That is not a cop-out this year. Sofa dressing is the off-duty look for 2018.

冬季的到来，足以让平常最爱社交的人儿下班后都只求一个简单的三件套：沙发、运动裤和电脑里放着的连续剧。你猜怎么着？今年，这样穿不再是逃避真实世界的行为了，“沙发装”是2018年时下风头最劲的“下班 look”。

The fashion site Man Repeller calls it “sleepleisure” and is in favour of it. So is the retailer Farfetch. “It’s a reflection of a big shift towards comfort,” says Celenie Seidel, Farfetch’s market editor. You could also credit Kendall Jenner and Rihanna, with their XXXXL hoodies, and Hailey Baldwin in a tracksuit at the airport.

时尚网站 Man Repeller 把这种风格称为“睡衣休闲风”，并且非常看好它。零售商 Farfetch 也表达了同样的观点，Farfetch 的市场编辑谢乐妮·赛德尔说：“这反映了一股向舒适穿着迈进的巨大风潮。”你也可以把这股潮流归功于肯达尔·詹娜和蕾哈娜的加加加加大码帽衫，还有海莉·鲍德温在机场穿的运动服套装。

The move to reclaim comfort clothes for outside the home has been underway for ages. But now it is the clothes you reserve for a night in front of the box that are in the frame. You know the kind – the big T-shirt you have had for ages, teamed with leggings. The grey trackies and matching hoodie. The comfy nightdress you change into way before bedtime. 这项把舒适衣物穿出门的行动已经进行了很长时间。但当下正时兴的，是那些你在晚上专门穿着看电视的衣服穿出门。你懂的，就是那些穿了几年的肥大T恤，配上打底裤；灰不溜秋的抽绳运动裤，和配套的帽衫；离睡觉时间还有老早，你就迫不及待换上舒适的睡衣。

This trend presents as the opposite of the perfectly tasteful, definitely-very-expensive loungewear of your best life as presented on Instagram. There is no need for perfectly groomed hair and makeup here. Instead, this is a situation for a topknot, no makeup, and a jade roller to hand.

如同 Instagram 上展现的那样，作为完美人设的一部分，家居服是非常有品并且价格不菲的，但睡衣休闲的潮流代表的含义与它恰恰相反。它不需要梳得一丝不苟的头发和妆容。相反地，这是个仅需丸子头，素颜和手边滚脸神器的情景。

Right now, considering what you wear around only your inner circle feels more modern than dressing to impress strangers in a bar – and, let's be honest, Instagram sneaks in here. Thanks to the bathroom selfie and # iwokeuplikethis humblebrags, nowhere is off-limits from the feed. As Man Repeller puts it: "Innerwear is outerwear because what we do inside is no longer private."

现在，考虑在最亲近的人身边要穿什么，已经比精心打扮去酒吧惊艳陌生人要时髦很多了。而且，实话说，是 Instagram 在背后发挥作用。多亏了诸如浴室自拍和 # 我醒来长这样# 这样谦虚式自夸的话题，订阅源上已经没有什么不能展示的了。正如 Man Repeller 里写到的：“内衣就是外衣，因为我们在室内做的事已经不再是隐私了。”

----- 文章来源 / 卫报

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### 重点词汇

#### **comfy**/'kʌmfi/

- adj. 舒适的
- e.g.
- =comfortable

#### **curl up**

- 蜷缩；蜷坐；蜷卧
- e.g.
- curling up on the bed to listen to the course

#### **the height of sth.**

- 某物的巅峰（或高峰）
- e.g.
- Double 11 is the height of the online shopping.

#### **sweatpants**/'swetpænts/

- n. 运动裤

**cop-out**

- n. 逃避，回避；借口  
e.g.
- Ignoring the problem is a cop-out.

**off-duty** /ˌɒf 'duːti/

- adj. 不当班的，下了班的  
e.g.
- off-duty day

**in favour of**

- 支持，赞成

**credit sb. with sth.**

- 将...归功于  
e.g.
- She is credited with making the business a success.

**hoodie** /'hʊdi/

- n. 帽衫

**tracksuit** /'træksuːt/

- n. (运动锻炼或休闲时穿的) 运动服套装

**underway** /ˌʌndər'weɪ/

- adj. 正在进行的；正在发生的

**the box**

- 电视机

**in the frame (for)**

- 被考虑用来...  
e.g.
- We need a win to keep us in the frame for the title.

**team**/ti:m/

- v. 组合在一起  
e.g.
- Karl Marx teamed with Friedrich Engels to write The Communist Manifesto.

**tasteful**/'teɪstfl/

- adj. 雅致的，趣味高雅的，有品位的

**loungewear**/'laʊn(d)ʒweə/

- n. 家常便服

**topknot**/'tɒ:pna:t/

- n. 丸子头，花苞头

**jade roller**

- (玉制) 滚脸神器，玉石滚轮

**inner circle**

- 小圈子，好友圈

**sneak**/sni:k/

- v. 潜行

**humblebrag**/'hʌmblbræg/

- n. 以看似谦虚的方式自夸

**off-limits**/ɔːf 'lɪmɪts/

- adj. 禁止入内的  
e.g.
- This area is off-limits to customers!

**feed**/fiːd/

- n. 源；订阅源

**as sb. puts it**

- 正如某人说