

流利阅读 2019.3.15

#英语/流利阅读/无笔记版

下载 笔记版/无笔记版 pdf资料: [GitHub - zhbink/LiuLiYueDu: 流利阅读pdf汇总](#)

本文为@zhbink个人学习笔记, 请勿用于商业或其他用途。

本文内容全部来源于流利阅读。流利阅读对每期内容均有很好的文章讲解, 向您推荐。您可以关注微信公众号: [流利阅读](#) 了解详情。



Weekend 'catch-up sleep' is a lie

周末“补觉”是一个谎言

The negative health effects of skimping on sleep during the week can't be reversed by marathon weekend sleep sessions, according to a sobering new study.

一项发人深省的新研究表明, 周末马拉松式的“补觉”并不能扭转工作日睡眠不足对健康的负面影响。

Despite complete freedom to sleep in and nap during a weekend recovery period, participants in a sleep laboratory who were limited to five hours of sleep on weekdays gained nearly three pounds over two weeks and experienced metabolic disruption that would increase their risk for diabetes over the long term. While weekend recovery sleep had some benefits after a single week of insufficient sleep, those gains were wiped out when people plunged right back into their same sleep-deprived schedule the next Monday.

在一间睡眠实验室中，一群实验参与者在工作日的睡眠时间被限制在五小时之内，而尽管他们在周末的恢复期内，可以完全自由地睡懒觉和打盹，他们的体重还是在两周的时间里增加了近三磅。同时，他们还出现了代谢紊乱的情况，从长远来看，这会增加他们患糖尿病的风险。虽然周末的恢复性睡眠对于仅持续一周的休息不足有一定的好处，但当人们在接下来的周一又重新回到那个睡眠不足的作息之后，这些好处就完全消失了。

"If there are benefits of catch-up sleep, they're gone when you go back to your routine. It's very short-lived," said Kenneth Wright, director of the sleep and chronobiology laboratory at the University of Colorado at Boulder, who oversaw the work.

科罗拉多大学博尔德分校的睡眠与时间生物学实验室的主任肯尼斯·赖特主导了这项研究。他表示：“就算周末补觉有好处，当你回到日常（休息不足）的作息时，这些好处也会消失的。它们的效果非常短暂。”

Wright said that the study suggests people should prioritize sleep—cutting out the optional “sleep stealers” such as watching television shows or spending time on electronic devices. Even when people don't have a choice about losing sleep due to child-care responsibilities or job schedules, they should think about prioritizing sleep in the same way they would a healthy diet or exercise.

赖特说，这项研究建议人们应该把睡眠放在优先地位，并减少不必要的“睡眠小偷”式行为，比如看电视节目或者花时间在电子设备上。即使人们因为照顾孩子的责任或工作安排而不得不牺牲睡眠的时候，他们也应该像对待健康饮食或体育锻炼一样，优先考虑睡眠。

——— 文章来源 / 华盛顿邮报

重点词汇

catch-up /'kætʃ ʌp/

n. 补做；赶做

- 英文释义：the act of trying to do something you did not have time to do earlier
- 搭配短语：play catch-up（通过追赶，达到同样的水平或程度）
- 例句：Alibaba raced ahead into new markets, leaving other companies to play catch-up.

skimp /skɪmp/

v. 节俭，节约；吝啬

- 近义词：save
- 英文释义：to try to spend less time, money, etc. on something than is really

needed

- 例句：Don't skimp on necessities of life.

marathon/'mæɪəθɔ:n/

adj. 马拉松式的

- 词性拓展：marathon (n. 马拉松赛跑；马拉松式的活动或工作)
- 搭配短语：full marathon (n.)
- 搭配短语：half marathon (n.)

sobering/'soʊbərɪŋ/

adj. 令人警醒的，使人冷静的

- 词性拓展：sober (adj. 严肃的；冷静的)
- 英文释义：making you feel serious and think carefully
- 搭配短语：a sobering experience
- 搭配短语：a sobering thought

sleep in

睡懒觉

- 英文释义：to sleep until later in the morning than you usually do
- 例句：I need to stop sleeping in on weekends, no matter how good it feels to do so.

metabolic/,metə'ba:ɪk/

adj. 代谢的，新陈代谢的

- 词性拓展：metabolism (n. 新陈代谢)
- 例句：Exercise is supposed to speed up your metabolism.

diabetes/daɪə'bi:tɪz/

n. 糖尿病

- 英文释义：a disease in which the body cannot control the level of sugar in the blood
- 例句：Obesity is a risk factor for diabetes.

plunge into

经历，陷入（不快的事）

- plunge 近义词：drop
- 英文释义：to experience something unpleasant
- 例句：The news plunged us into deep depression.

right/raɪt/

adv. 立即，立刻，马上

- 近义词: immediately
- 例句: I'll be right back.

sleep-deprived/sli:p dɪ'praɪvd/

adj. 睡眠不足的

- 相关词汇: deprived (adj. 短缺的; 匮乏的)
- deprived英文释义: suffering from a lack of the thing mentioned
- 相关词汇: humour-deprived

oversee/,oʊvər'si:z/

v. 监督; 管理

- 同义词: supervise
- 例句: The film Alita was overseen by James Cameron.

prioritize/praɪ'ɔ:ɪraɪz/

v. 确定 (事项的) 优先次序; 优先考虑

- 词性拓展: prior (adj. 优先的)
- 英文释义: to decide which of a group of things are the most important so that you can deal with them first
- 例句: We must learn to prioritize our work.