## 睡不着觉怎么办? What to do when you can't sleep?

Hello and welcome to 6 Minute English. I'm Neil.

大家好,欢迎收听六分钟英语。我是内尔。

And I'm Rob.

我是罗伯。

You look tired, Rob.

你看起来很疲惫啊, 罗伯。

Well, I didn't sleep well last night.

嗯, 我昨晚没睡好。

I was tossing and turning all night, but I couldn't get to sleep.

我一晚上都在翻来覆去,但是就是睡不着。

Well, that's a coincidence, as our topic today is insomnia-the condition some people suffer from when they find it difficult to get to sleep when they go to bed.

嗯,真巧,因为我们今天的话题是失眠——这是一些人遭受过的经历,他们发现睡觉时难以入 睡。

Thankfully, I don't really have insomnia, but every now and again, I find it difficult to get to sleep.

值得庆幸的是, 我没真正失眠过, 但是我偶尔会发现自己难以入睡。

Well, keep listening and we might have some advice to help with that, but first, a question: What is the record for the longest a human has gone without sleep?

嗯,请继续收听,我们也许能够提供一些有帮助的建议,但是首先,有一个问题:人类不睡觉的最长记录是多久?

Is it: A) about seven days, B) about nine days, or C) about 11 days?

是 A. 大约7天, B.大约9天, 还是 C. 大约11天?

What do you think, Rob?

你怎么看, 罗伯?

All of those seem impossible!

这些选项看起来都不太可能!

So I've got to go with the shortest-about seven days.

所以我要选最短的——大约7天。

Well, if you can stay awake long enough, I'll let you know at the end of the programme.

嗯,如果你清醒得够久,我会在节目结束的时候告诉你答案的。

Dr Michael Grandner is an expert in all things to do with sleep.

添加的词汇



扫码APP内查看 每日英语听力

迈克尔·格兰德勒医生是睡眠方面的专家。

He was interviewed recently on the BBC radio programme Business Daily. 他最近在BBC电台节目《商业日报》上接受了访问。

He was asked what his best tip was to help you get to sleep if you are finding it difficult.

他被问如果你无法入睡时,能帮助你入睡的最好的建议是什么。

What was his suggestion?

他的建议是什么?

And it sounds counter-intuitive, but trust me I've got decades of data behind this statement: If you cannot sleep, get out of bed.

这听起来有点反直觉,但是请相信我,我已经收集了针对以下陈述的几十年的数据:如果你睡不着,就起床。

So Rob, how does he suggest you help yourself to get to sleep? 那么罗伯, 他建议如何帮助自己入睡?

Well, actually, he says that the best thing to do is to get out of bed! 嗯、事实上他说做好的事情是起床!

That sounds exactly the opposite of what you should do, doesn't it? 这听起来跟你应该做的完全相反,不是吗?

Well, he does say that his advice is counter-intuitive, which means exactly that.

嗯,他确实说这个建议有违直觉,就是你刚刚说的意思。

That it is the opposite of what you might expect.

就是跟你可能的预期完全相反。

And he says that this advice is backed up by decades of research.

他说这个建议有几十年的研究作为支撑。

A decade is a period of 10 years and when we say decades, it's a general term for many years, at least 20. Let's hear that advice again from Dr Grandner.

十年指的是10年的时间,并且当我们说几十年的时候,这是一个表示很多年的一般说法,至少有20年。我们再来听听格兰德勒医生的建议吧。

And it sounds counter-intuitive, but trust me I've got decades of data behind this statement: If you cannot sleep, get out of bed.

这听起来有点反直觉,但是请相信我,我已经收集了针对以下陈述的几十年的数据:如果你睡不着,就起床。

So why is getting out of bed good advice?

所以为什么起床是个好主意呢?

Here's the explanation from Dr Grandner.

以下是格兰德勒医生的解释。

When you're in bed and you're not asleep and you do that over, and over, and over again for extended periods of time, the ability of the bed to put you to sleep starts getting diluted.

当你在床上睡不着的时候,而且这种情况在随后的时间里循环往复,这样床能让你睡着的能力开始变弱。

Not only that, it starts getting replaced by thinking, and tossing and turning, and worrying, and doing all these things.

不仅如此,它开始被胡思乱想、翻来覆去、思虑万千等事情取代。

When you're not asleep, get out of bed.

当你睡不着的时候, 那就从床上起来。

This is probably one of the most effective ways to prevent chronic insomnia. 这可能是预防慢性失眠最有效的方式之一。

It's also one of the really effective ways to treat it.

这也是治疗它的很有效的方式之一。

It won't work 100% of the time, but it will actually work more than most people think.

这个方法不会100%奏效,但是它奏效的时候比大多数人想象得要多。

We normally sleep in beds.

我们一般会在床上睡觉。

Beds are designed to make it easy to sleep, but if we can't sleep, that makes the bed's impact weaker.

床被设计用来让睡觉变得容易,但是如果我们睡不着,这就使得床的影响变弱。

As Dr Grandner says, 'it dilutes the power of the bed to help us sleep'.

如格兰德勒医生所说,"它冲淡床帮助我们睡眠的能力。"

When you dilute something, you make it weaker.

当你冲淡某事,你使它变得更弱。

You can dilute the strength of a strong fruit juice by adding water to it. 你可以在浓果汁里加水来稀释它。

So if we stay in bed, tossing and turning, which is the expression we use to describe moving around in the bed trying to get to sleep, we begin to think of the bed as place where we don't sleep rather than as a place where we do sleep.

所以如果我们待在床上翻来覆去,我们使用这个短语来描述在床上乱动试图入睡,开始把床当做一个睡不着觉的地方而不是一个能睡着觉的地方。

So, get out of bed to break the connection.

所以从床上起来就打断了这种联系。

This he says is a positive way to approach chronic insomnia.

他说这是一个应对慢性失眠的积极方法。

Chronic is an adjective that is used to describe conditions that are longlasting.

慢性的这个形容词被用来描述长期持续的情况。

So we're not talking here about occasionally not being able to get to sleep, but a condition where it happens every night.

所以我们在这里没有讨论偶尔睡不着觉, 而是每晚都发生的情况。

Let's hear Dr Grandner again.

我们把格兰德勒医生的话再听一遍。

When you're in bed and you're not asleep and you do that over, and over, and over again for extended periods of time, the ability of the bed to put you to sleep starts getting diluted.

当你在床上睡不着的时候,而且这种情况在随后的时间里循环往复,这样床能让你睡着的能力开始变弱。

Not only that, it starts getting replaced by thinking, and tossing and turning, and worrying, and doing all these things.

不仅如此, 它开始被胡思乱想、翻来覆去、思虑万千等事情取代。

When you're not asleep, get out of bed.

当你睡不着的时候, 那就从床上起来。

This is probably one of the most effective ways to prevent chronic insomnia. 这可能是预防慢性失眠最有效的方式之一。

It's also one of the really effective ways to treat it.

这也是治疗它的很有效的方式之一。

It won't work 100% of the time, but it will actually work more than most people think.

这个方法不会100%奏效,但是它奏效的时候比大多数人想象得要多。

Time to review today's vocabulary, but first, let's have the answer to the quiz question.

是时候回顾今天的词汇了,但是首先我们要回答今天的问题。

What is the record for the longest a human has gone without sleep? 人类不睡觉的最长记录是多久?

Is it: A) about seven days, B) about nine days, C) about 11 days? 是 A. 大约7天, B.大约9天, C.大约11天?

What did you think, Rob?

你怎么看, 罗伯?

I thought it must be about seven days.

我想肯定是7天。

Well, I'm afraid you're not right.

嗯,恐怕你答错了。

The answer, rather amazingly, is actually just over 11 days.

让人吃惊的是,答案实际上是超过11天。

Extra bonus points for anyone who knew that that was done in 1964 by someone called Randy Gardner.

如果有人知道这是于1964年由一个叫兰迪·佳得乐的人完成的,那么给你附加分。

That's extraordinary.

真是太厉害了。

It's difficult to imagine even going a couple of days without sleep, but 11!

几天不睡都已经很难想象了,更何况是11天!

I wonder how long he slept for after that!

我想知道他那之后睡了多久!

14 hours and 40 minutes.

14小时40分钟。

You've got all the answers, haven't you?

答案你都知道了,是吗?

Well, when I can't sleep, I get up and read trivia!

嗯, 当我睡不着的时候, 我会起床看杂书。

And now it's time for the vocabulary.

现在该回顾词汇了。

Today our topic has been insomnia.

我们今天的话题是失眠。

This is the word for the condition of not being able to sleep.

这个词描述的是不能睡觉的情况。

And something that people do when they are trying to sleep is toss and turn in bed.

而人们睡不着时做的事是在床上翻来覆去。

The opposite of what seems logical or obvious is counter-intuitive.

跟看起来有逻辑或明显的东西相反的是反直觉的。

It goes against what you might expect.

它有悖于你的预期。

So if you can't sleep, get out of bed.

如果你睡不着觉那就起床。

Our next word is diluted.

我们的下一个单词是淡化的。

This is from the verb to dilute which means 'to make something less strong'.

它来源于冲淡这个词,意思是"使某事变得不那么浓烈"。

And finally there was the adjective chronic.

最后是形容词慢性的。

This is an expression for a medical condition that is long-lasting.

这是一个医学表达, 意思是持续很久的。

So someone who has chronic insomnia regularly has difficulty getting enough sleep.

所以患有慢性失眠的人经常难以入睡。

It's not just something that happens now and again.

它不是偶尔发生的事情。

Well, we hope that 6 Minute English isn't a cure for insomnia, but I do find listening to podcasts and spoken radio helps me get to sleep.

嗯,我们希望六分钟英语不是治疗失眠的方法,但是我确实发现听播客和有声电台有助于我睡 眠。

Well, before we all drop off to sleep from the comforting tone of your voice, Rob, it's time for us to say goodbye.

嗯,在我们伴随着你令人安心的声音入睡之前,罗伯,现在是时候我们说再见了。

That's it for this programme.

今天的节目就到这里。

For more, find us on Facebook, Twitter, Instagram and our Youtube pages, and of course our website: bbclearningenglish. com, where you can find all kinds of other programmes and videos and activities to help you improve your English.

获取更多信息,请在脸书、推特、INS和我们的Youtube主页上找到我们,当然还有我们的网站: bbclearningenglish.com,在这里你可以找到各种其它节目和视频以及活动帮助你提高英语。

Thank you for joining us, and goodbye.

感谢您的收看,再见。

Bye bye!

再见!