

Weekend 'catch-up' sleep is a lie

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.

skimp 克扣; 节省

sobering 使人清醒的

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.

sleep in 睡懒觉

metabolic 新陈代谢的

diabetes 糖尿病

chronobiology 生物钟学

"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.

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.

optional 可选择的; 随意的