Day II

A

A multi-institutional team of researchers conducted the first study to evaluate how the **duration** of nightly sleep early in the semester affects first year college students end-of-semester grade point average (GPA). Using Fitbit sleep trackers, they found that students on average sleep 6.5 hours a night, but negative outcomes accumulate when students received less than six hours of sleep a night. The results are available in the Feb. 13 issue of the Proceedings of the National Academy of Sciences.

一支由多机构组成的研究团队首次评估了学期初晚间睡眠时间对大学新生期末平均绩点(GPA)的影响。研究人员通过Fitbit睡眠追踪器，发现学生平均每晚睡眠时间为6.5小时，当学生每晚睡眠时间少于6小时时，负面效应就会累积。该研究结果2月13日发表在《美国科学院院报》上。

Sleep guidelines recommend teenagers get 8 to 10 hours of sleep every night. Many college students experience irregular and insufficient sleep.

睡眠指南建议青少年每晚睡眠时间为8-10个小时。许多大学生都存在睡眠不规律和睡眠不足的问题。

David Creswell, the William S. Dietrich II Professor in Psychology and Neuroscience at the Dietrich College of Humanities and Social Sciences, led a team of researchers to evaluate the relationship between sleep and GPA. College students often push themselves to achieve.

（卡内基梅隆大学）迪特里希人文与社会科学学院心理学和神经科学教授威廉·S·迪特里希二世和大卫·克雷斯维尔带领一组研究人员评估睡眠与GPA之间的关系。

“Animal studies have shown how critical sleep is for learning and memory,” said Creswell. "Here we show how this work translates to humans. The less nightly sleep a first year college student gets at the beginning of the school term predicts lower GPA at the end of the term. Lack of sleep may be hurting students’ ability to learn in their college classrooms.”

克雷斯维尔说：“动物研究表明了睡眠对学习和记忆至关重要。我们的研究论证了睡眠对人类学习和记忆的影响。大一学生在学期初的夜间睡眠越少，预示着学期结束时GPA越低。睡眠不足可能损害了大学生的学习能力。”

The study evaluated more than 600 first-year students across five studies at three universities. The students wore wrist Fitbit devices to monitor and record their sleep patterns. The researchers found that students in the study sleep on average 6.5 hours a night.

该研究对三所大学600多名大一学生进行了5项研究。学生在手腕上佩戴Fitbit设备来监测和记录他们的睡眠模式。研究人员发现，参与研究的学生平均每晚睡眠仅为6.5小时。

More surprisingly, the researchers found that students who receive less than six hours of sleep experienced a pronounced decline in academic performance. In addition, each hour of sleep lost corresponded to a 0.07 decrease in end-of-term GPA.

更令人惊讶的是，研究人员发现，睡眠不足6小时的学生学习成绩明显下滑。此外，睡眠每减少1小时，期末GPA下降0.07。

“Once you start **dipping** below six hours, you are starting to accumulate massive sleep debt that can impair a student’s health and study habits, **compromising** the whole system,” said Creswell. “Most surprising to me was that no matter what we did to make the effect go away, it persisted.”

克雷斯维尔说：“一旦你的睡眠时间开始低于6小时，就会开始积累大量的睡眠债，这会损害学生的健康和学习习惯，从而危及全局。最令我惊讶的是，无论我们采取什么措施来消除这种影响，它都会持续存在。”

“A popular belief among college students is value studying more or partying more over nightly sleep,” said Creswell. "Our work here suggests that there are potentially real costs to reducing your nightly sleep on your ability to learn and achieve in college. There’s real value in budgeting for the importance of nightly sleep.”

克雷斯维尔说：“很多大学生认为，晚上多学习或多聚会很重要。但我们的研究表明，减少夜间睡眠的代价可能是影响你的学习能力和学业表现。在安排时间时有必要考虑夜间睡眠的重要性。”

**duration**

英 [djuˈreɪʃn]    美 [duˈreɪʃn]

*n*. 持续时间

**dip**

英 [dɪp]        美 [dɪp]

*v*.下降

**compromise**

英[ˈkɒmprəmaɪz]美[ˈkɑːmprəmaɪz]

*v*.妥协，违背

B

Chinese experts will head to Memphis Zoo in the United States next week to assist in the care of giant panda Ya Yato ensure her health and well-being. The move comes after the Chinese Association of Zoological Gardens received reports of Ya Ya's poor health condition and was instructed by the country's regulatory authorities to take action.

中国专家将于下周前往美国孟菲斯动物园协助照料大熊猫"丫丫"，以确保其健康。此前，中国动物园协会收到了有关丫丫健康状况不佳的报告，并收到国家监管部门的指示采取行动。

A team of veterinarians and keepers from Beijing Zoo will travel to the US next week to familiarize themselves with Ya Ya's care and work with Memphis Zoo to ensure that she is properly fed, cared for and then**escorted** back to China. According to technical experts from both sides, Ya Ya's health condition is stable and her care management is normal.

北京动物园将派出兽医和饲养员于下周抵美，熟悉大熊猫“丫丫”的饲养情况，实地与孟菲斯动物园共同做好大熊猫“丫丫”的饲养、护理并护送“丫丫”回国。经合作双方技术专家持续密切监测，目前大熊猫“丫丫”健康状况稳定，饲养管理情况正常。

Both China and the US have been actively negotiating ways to **expedite** the procedures necessary for Ya Ya's return to her home country.

中美双方一直在积极商洽加快办理大熊猫“丫丫”回国相关手续的方式和途径。

In 2003, Ya Ya, who was born at Beijing Zoo, traveled to Memphis Zoo in the US state of Tennessee as part of a Sino-US giant panda protection and research program.

“丫丫”于2000年出生于北京动物园，2003年同“乐乐”一起被送往美国田纳西州孟菲斯动物园，开始10年的旅居生活。

In 2006, Ya Ya began to lightly **shed** fur, with the situation worsening in 2014, the association said.

据中国动物园协会称，“丫丫”从2006年起出现轻微掉毛现象，并在2014年往后越发严重。

The Chinese side has completed all approvals, while Beijing Zoo has made preparations to welcome Ya Ya back, including ensuring appropriate facilities, care plans, medical support and food supply.

目前，中方已经完成了所有审批事项，北京动物园已从饲养场地、饲养方案、医疗保障、饲料供应等方面做好了迎接“丫丫”回家的各项准备工作。

**escort**

英 [ˈeskɔːt , ɪˈskɔːt] 美 [ˈeskɔːrt , ɪˈskɔːrt]

*v*. 护送

**expedite**

英 [ˈekspədaɪt]       美 [ˈekspədaɪt]

*v*.加快进展

**shed**

英[ʃed]            美[ʃed]

*v*.掉落