

0032 脂肪细胞也需要休眠

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1. 脂肪细胞也需要休眠

Sleep is good for you. **Getting by on** 靠...过活 too little sleep /increases the risk for **heart disease**, stroke 中风, high blood pressure, diabetes 糖尿病 and other illnesses. It also makes it harder **to lose weight** / or **stay slim** 苗条的 because **sleep deprivation** 丧失 makes you hungrier(adj.) / and **less likely to be** active 有生气的 during the day.

Now, research shows that /sleep also affects **fat cells** 脂肪细胞. Our fat cells play an important role in regulating 调节 **energy use and storage** 贮存, including **insulin** 胰岛素 **processing** 加工.

For the study, young, healthy, slim subjects /spent four nights /getting eight and a half hours of sleep / and four nights /getting only four and a half hours of sleep. The difference in their fat cells was startling 令人吃惊的: after **sleep deprivation**, the cells became 30 percent less **receptive (adj.)**对...有接受力的, **(对治疗)反应良好的, 能接纳的 to** insulin 胰岛素 signals — a difference /that is as large as that between non-diabetic 非糖尿病的 and diabetic 糖尿病的 patients. The findings are in Annals 年鉴 of **Internal Medicine**.

Example 1. 标题

receptive

Someone who is receptive(adj.) to new ideas or suggestions(对新思想或建议)乐于接受的，能接纳的，善于听取的。

someone (who is ill) is receptive to treatment, (对治疗)反应良好的，能接纳的

- those patients who are not receptive(adj.) to treatment. 治疗未见效果的那些病人

睡眠对人体有益。睡眠时间只有短短的几小时会大大增加心脏病，中风，高血压，糖尿病以及其他疾病的患病率。同时也让减肥，保持苗条身材变得更加困难，因为睡眠不足会让你第二天感到更加饥饿，更不愿意活动。

现在，研究表明睡眠也会影响脂肪细胞。人类的脂肪细胞在调控能量的利用和储存方面起了重要作用，其中就包括胰岛素的生产。

在研究中，让年轻、苗条的受试者每晚睡八个半小时，为期四天。接下来的四天里，让他们每晚只睡四个半小时。期间脂肪细胞的变化惊人：睡眠不足时，细胞接收的胰岛素信号少了30%，与糖尿病人和非糖尿病人之间的差异一样显著。这项研究结果刊登在《内科学年鉴》上。

2. <pure> 脂肪细胞也需要休眠

Sleep is good for you. Getting by on too little sleep [increases the risk for heart disease, stroke, high blood pressure, diabetes and other illnesses. It also makes it harder [to lose weight or stay slim [because sleep deprivation makes you hungrier [and less likely to be active during the day.

Now, research shows that [sleep also affects fat cells. Our fat cells play an important role [in regulating energy use and storage, including insulin processing.

For the study, young, healthy, slim subjects [spent four nights [getting eight and a half hours of sleep [and four nights [getting only four and a half hours of sleep. The difference in their fat cells [was startling: after sleep deprivation, the

cells became 30 percent less receptive to insulin signals — a difference [that is as large as that between non-diabetic and diabetic patients. The findings are in *Annals of Internal Medicine*.
