

fat cells 脂肪细胞 → 睡眠不足,会影响脂肪细胞接收胰岛素信号

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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 谓 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 (v.)调节 energy use and storage 贮存, including insulin 胰岛素 processing 加工.

For the study, young, healthy, slim subjects 谓 spent (v.) 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.

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。

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

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*.
