

Why Do We Need Sleep? kind of =kinda 有点儿=a little

alarm clock 闹钟

I'm kinda

Time Subtitle

set up the alarm clock 设置闹钟 Machine Translation

- 6s Oh, hey there! 哦，嘿那里！
- 6s [Jessi yawns] [杰西打哈欠]
- 8s Excuse me! 对不起！
- 10s I'm so sorry. today is very tiring. 我很抱歉。
- 11s I'm kind of tired today, because I didn't get enough sleep last night! 今天有点累，因为 昨晚没睡好！
- 14s [Squeaks squeaks] plenty of a lot of=lots of loads of [吱吱声] 1、元音+清辅音+元音 2、s+清辅音 浊辅音
- 15s Aw, thanks, Squeaks! 噢，谢谢，吱吱声！
- 16s But I think I'll be alright. a great/good deal of a pile of 一叠 但我想我会没事的。
- 17s You probably already know that sleep is really important, and that we need to get plenty of it. miss you loads~ miss you tons ~ 你可能已经知道睡眠真的很重要，我们需要充足
- 21s of it. 的睡眠。
- 22s Doctors think that most kids need to get about 10-12 hours of sleep every day! 医生认为，大多数孩子每天需要获得大约 10-12 小时的睡眠！
- 27s But sometimes it's hard to go to bed when you're supposed to, especially if you don't 但有时在你应该睡觉的时候很难上床睡觉，尤其是当你不
- 31s feel tired. 应该 be 觉得累的时候。3. 认为，推断，料想
- 32s That's why it helps to know what's going on while you're snoozing away at night, and why sleep is so important. 这就是为什么了解 晚上打盹时发生的事情以及睡眠如此重要的原因。
- 35s Think about all of the things you do during the day. 想想你白天做的所有事情。
- 39s You probably spend a lot of your day playing, or maybe going places like to school or to the store. 您可能会花很多时间玩游戏，或者去学校或商店等地方。
- 44s the store. 所有这些活动，以及你做的任何其他事情，都会消耗能量。
- 45s All those activities, and anything else you do, take energy. 当你睡觉时，你的身体仍然会消耗能量，但它会消耗更少的能量。
- 48s Your body still uses energy when you sleep, but it uses less of it. more 更多 less 更少 little 少 there are less food/there are more food. 由于您的身体在睡眠时消耗的能量较少，因此它有机会为以后节省
- 52s Since your body uses less energy when you sleep, it has a chance to save some of that energy for later. 一些能量。
- 56s that energy for later. 所以当你第二天早上醒来时感觉很好，你已经准备好迎接新的
- 57s So you feel good when you wake up the next morning, and you're ready to tackle another day! 一天了！
- 1:01 tackle the problem tackle 对付=deal with

1:02	Sleep also gives your body a chance to focus energy on things that help to keep you healthy. focus on sth=关注于某事	睡眠还让您的身体有机会将精力集中在有助于保持健康的事情上。
1:05	For example, your body uses energy to heal and to grow while you sleep. =when	例如，你的身体在你睡觉时使用能量来治愈和成长。
1:10	Sleep also gives your body a chance to use energy to fight off the germs that can make bacteria virus病毒	睡眠还使您的身体有机会利用能量来抵抗可能使 fight off 对抗
1:14	you sick . the five star hotel is so sick =good 太好了，太绝了，太酷了	您生病的细菌。
1:15	So, sleep is important for your whole body. it is difficult (adj) for sb to do sth.	所以，睡眠对你的整个身体都很重要。
1:17	But there's one special part of your body that /really/ needs sleep ... your brain! but also	但是你身体的一个特殊部分 /真的/需要睡觉.....你的大脑!
1:22	Sleep not only gives your body a rest, it gives your brain a rest, too! not only, but also 不仅如此	睡眠不仅能让你的身体得到休息，还能让你的大脑得到休息!
1:26	Your brain is super busy during the day!	白天你的大脑超级忙!
1:28	It works really hard to make sense of all of the things you see, smell , and hear ; it	理解 你看到、闻到和听到的所有东西真的很难。
1:33	句子 to do sth makes sure that the parts of your body are working together; it helps you make decisions; coordinate 协同	它确保您身体的各个部位协同工作；它可以帮助您做出决定；
1:36	and it helps you learn new things.	它可以帮助您学习新事物。
1:39	And that's just some of its jobs!	这只是它的一些工作!
1:41	Your brain doesn't stop working when you sleep, but it does have a chance to slow down fillers	当你睡觉时，你的大脑并没有停止工作，但它确实有机会 stop doing/to do sth
1:45	for a bit, and to kind of figure things out . figure out 搞清楚；搞明白	tonight, I have to/must figure this/the code out. 放慢一点速度，然后把事情弄清楚。
1:48	While you sleep, your brain organizes the things you learned during the day to help	当你睡觉时，你的大脑会整理你在白天学到的东西，以帮助
1:52	you remember them later.	你以后记住它们。
1:53	Your brain also sorts out your feelings while you sleep. I have to sort out the documents	你的大脑也会在你睡觉时整理你的感受。
1:56	Scientists have also found that your brain needs sleep to help you concentrate , so you resolve=solve help sb to do/do sth	科学家们还发现，你的大脑需要睡眠来帮助你集中注意力，这样你
2:00	can be better at solving problems at home and at school. 发生，进行	才能更好地解决家庭和学校的问题。
2:03	Wow, there's a /lot/ going on while you sleep, even if you don't remember it when	哇，在你睡觉的时候有很多/很多/发生，即使你醒来时不记得
2:08	you wake up! 即使 even if you don't come	了! I am still very happy.
2:09	There's so much going on, in fact, that your body usually makes you feel pretty terrible pretty=very=really=fairly=rather=quite 表示程度，很，相当的	事实上，发生的事情太多了，以至于当你睡眠不足时，你的身体通常会让你感觉很糟糕
2:13	when you don't get enough sleep.	I need to do sth
about:blank	terrible=bad=horrible=aweful=not good	

2:15 Too little sleep can make you feel tired, and can make it harder for you to concentrate

睡眠太少会使您感到疲倦，并使您更难集中注意力

2:19 or solve problems.

整理

tidy up

或解决问题。

t-d stop
p-b speak
k-g school, skill

2:20 And, since your brain helps sort out your feelings while you're sleeping, you can

而且，由于您的大脑会在您睡觉时帮助您理清情绪，因此当您睡眠

2:24 also feel cranky or crabby when you don't get enough sleep!

不足时，您也会感到脾气暴躁或脾气暴躁！

2:27 So, what can you do to make sure that you get enough sleep?

pro, specialist

那么，你能做些什么来确保你有足够的睡眠呢？

2:29 First, doctors and other sleep experts say you should have a sleep routine.

首先，医生和其他睡眠专家说你应该有规律的睡眠。

2:34 That means you should try do the same things every night before we go to bed.

这意味着您应该每天晚上睡觉前尝试做同样的事情。

2:38 A sleep routine helps your body realize that it's time to go to sleep.

body clock/bio-clock 生物钟

睡眠程序可帮助您的身体意识到该睡觉了。

2:41 A good routine might include reading a story, having a bath, or maybe listening to some

一个好的例行程序可能包括阅读故事、洗澡或听一些

2:46 soft music.

轻柔的音乐。

2:47 It should also mean going to bed at about the same time every night, and getting up

这也应该意味着每天晚上大约在同一时间睡觉，

2:51 at about the same time every morning.

每天早上大约在同一时间起床。

2:53 That's one of the reasons it's important to have a bedtime!

这就是睡觉时间很重要的原因之一！

2:56 One thing that /shouldn't/ be part of your sleep routine is watching TV or using a tablet

/不应该/成为您睡眠程序的一部分的一件事是看电视或使用平板电脑

3:00 or phone.

或手机。

3:01 That's because the special light from their screens can send a signal to your body that

那是因为它们屏幕上的特殊光线可以向您的身体发出信号，表明

3:05 it's daytime, even when it's really time for bed!

现在是白天，即使是真的该睡觉了！

3:08 So now you know why it's so important to get a good night's sleep.

take a noon nap

所以现在你知道为什么睡个好觉如此重要了。

3:11 I think I'm going to take a nap!

我想我要睡午觉了！

3:14 Thanks for joining us on SciShow Kids!

感谢您加入我们的 SciShow Kids！

3:16 If you want to keep learning and having fun with me and Squeaks, hit the red subscribe

如果您想继续学习并与我和 Squeaks 一起玩乐，请点击红色订阅

3:20 button.

按钮。

3:21 We'll see you next time here at the fort!

我们下次在堡垒见！