

## READING PASSAGE 2

You should spend about 20 minutes on **Questions 14–26**, which are based on Reading Passage 2 on the following pages.

Questions 14–18

Reading Passage 2 has five sections, **A–E**.

Choose the correct heading for each section from the list of headings below.

Write the correct number, **i–vii**, in boxes 14–18 on your answer sheet.

### List of Headings

- i** Historical reasons why interrupted sleep became uncommon
- ii** Brain structures involved in sleep patterns
- iii** Potential health issues related to sleep
- iv** Famous cases in literature of sleep problems
- v** An analysis of old documents to discover sleep patterns
- vi** Biological and environmental factors preventing people from falling asleep again
- vii** Scientific evidence that divided sleep is a natural phenomenon

**14** Section **A**

**15** Section **B**

**16** Section **C**

**17** Section **D**

**18** Section **E**

# The Myth of the Eight-hour Sleep

- A** We often worry about lying awake in the middle of the night—but it could be good for you. Indications from both science and history suggest that the eight-hour sleep may not be a natural or inborn pattern for humans. In the early 1990s, psychiatrist Thomas Wehr conducted research which implies just that. Wehr kept a group of people in a darkened room for 14 hours a day for a month. It took some time for their sleep to regulate, but by the fourth week the subjects had settled into a very distinct sleeping pattern. First, they slept for four hours, then woke for one or two hours before falling into a second four-hour sleep. Though sleep scientists were impressed by the implications of the study, the idea that we must sleep for eight consecutive hours persists amongst the general public.
- B** In 2001, historian Roger Ekirch of Virginia Tech University in the US published a paper drawn from 16 years of research, revealing historical evidence that humans used to sleep in two distinct periods of time each night. Ekirch's research found more than 500 references to a segmented sleeping pattern—in diaries, court records, medical books and literature, from the ancient Greeks to tribes in Nigeria. Much like Wehr's findings, these references describe a first sleep which began not long following sunset. Then there was a waking period of one or two hours and after that a second sleep. During the waking period, people could be quite active. They sometimes got up and moved around the house, although most people stayed in bed, and perhaps read or wrote if they had enough money for candles. In many historic accounts, Ekirch found that people used the time that they were awake between periods of sleep to think about and attempt to analyse their dreams.

In his book, *Evening's Empire*, historian Craig Koslofsky suggests an explanation for this divided sleep pattern in Europe. 'Associations with night before the 17th century were not good,' he writes. He goes on to explain that the streets of the cities and towns at night were often populated by thieves or worse. The streets at night consequently scared many people. Even the wealthy, who could afford to light their way, had better things to spend their nights on.

- C** Ekirch found that references to the first and second sleep started to disappear during the late 17th century. The pattern began to alter first among the upper classes in northern Europe and, over the course of the next 200 years, began changing amongst the rest of Western society. By the 1920s, the idea of a first and second sleep had receded entirely from our social consciousness. Ekirch attributes the initial shift to improvements in street and home lighting.

As the night became a time for all kinds of activity, the length of time people slept declined. In 1667, Paris became the first city in the world to light its streets, using wax candles in glass lamps. It was followed by another French city, Lille, in the same year and by Amsterdam in Holland two years later, where a much more efficient oil-powered lamp was developed. London didn't light its streets until 1684, but by the end of the 17th century, more than 50 of Europe's major towns and cities were lit at night. Coffee houses emerged as a fashionable phenomenon and many were open virtually around the clock. Going out at night became commonplace, and spending hours lying in bed was considered a waste of time. 'People were becoming increasingly time-conscious and sensitive to efficiency, certainly before the 19th century,' says Ekirch. 'But the Industrial Revolution intensified that attitude considerably.' Strong evidence of this shifting attitude is contained in a medical journal from 1829 which urged parents to force their children out of the pattern of first and second sleep.

- D** Today, most people seem to have adapted quite well to the eight-hour sleep, but Ekirch believes many sleeping problems may have roots in the human body's natural preference for divided sleep, as well as in difficulties caused by extended exposure to artificial light in the modern world. This could be the cause of a condition called sleep maintenance insomnia, where people wake during the night and have trouble getting back to sleep. The condition first appears in literature at the end of the 19th century, at the same time as accounts of interrupted sleep disappear.
- E** Sleep psychologist Gregg Jacobs says that the idea that we must sleep for an extended period of time could be damaging if it makes people who wake up in the night anxious, as this anxiety can itself discourage sleep and is likely to affect waking life too. Jacobs suggests that the waking period between sleeps, when people simply rested and relaxed, could have played an important part in the human capacity to regulate stress naturally. Russell Foster, a professor of circadian (body clock) neuroscience at Oxford University in the UK, shares this point of view. 'Over 30% of the medical problems that doctors are faced with stem directly or indirectly from sleep. But sleep has been ignored in medical training, and there are very few centres where sleep is studied,' Foster says. He feels this needs to change.

Questions 19–23

Look at the following statements (Questions 19–23) and the list of researchers below.

Match each statement with the correct researcher, **A–E**.

Write the correct letter, **A–E**, in boxes 19–23 on your answer sheet.

**NB** You may use any letter more than once.

- 19** In certain historical periods, the threat of criminal danger led to segmented sleep.
- 20** Physicians should learn more about treating people with sleeping difficulties.
- 21** Historically, when people experienced interrupted sleep, they used the waking periods at night for different activities.
- 22** Technological changes in Europe made people more likely to sleep through the night.
- 23** The belief that humans should have a long continuous sleep can be psychologically harmful.

**List of Researchers**

- |          |                 |
|----------|-----------------|
| <b>A</b> | Thomas Wehr     |
| <b>B</b> | Roger Ekirch    |
| <b>C</b> | Craig Koslofsky |
| <b>D</b> | Gregg Jacobs    |
| <b>E</b> | Russell Foster  |

## Questions 24–26

Complete the summary below.

Choose **ONE WORD ONLY** from the passage for each answer.

Write your answers in boxes 24–26 on your answer sheet.

### Historical patterns of interrupted sleep

Historical evidence seems to show that humans had common sleep patterns which were quite unlike today's eight hours of unbroken sleep each night. People habitually went to bed early, soon after **24** \_\_\_\_\_, slept for a while, then woke up for a few hours of activity or perhaps to consider, for example, the meaning of their **25** \_\_\_\_\_.

There was little else to do at home in the dark, since what little means of lighting they had, such as using candles, was costly. In 16th-century Europe, people tended to stay at home at night because they feared **26** \_\_\_\_\_ on largely unlit city streets. Once urban street lighting improved, nightlife in cities became popular, and recreational spots like coffee houses came to be considered fashionable. Consequently, sleeping patterns also began to change.

### Disclaimer

Compiled, formatted, and lightly proofread by ZYZ Reading Walks.

All copyright in the underlying works remains with the original authors and publishers.

No affiliation with or endorsement by any rights holder (including IELTS® owners).

For non-commercial educational use only. This notice must remain intact in all copies.

Available free of charge from ZYZ Reading Walks. Resale or any paid distribution is prohibited.

一、Questions 14–18 (匹配段落标题)

题号	段落	答案	中文题干	关键定位句 (英文原文)	解释
14	A	vii (Scientific evidence that divided sleep is a natural phenomenon)	为 A 段选择标题	“by the fourth week the subjects had settled into a very distinct sleeping pattern... slept for four hours... then... a second four-hour sleep.”	A 段讲 Wehr 的实验：在黑屋中形成“两段式睡眠”。这是直接的科学实证，对应 vii。
15	B	v (An analysis of old documents to discover sleep patterns)	为 B 段选择标题	“Ekirch’s research found more than 500 references... in diaries, court records, medical books and literature...”	B 段核心是 通过历史文献 找到两段睡的证据，正是“分析旧文献以发现睡眠模式”。
16	C	i (Historical reasons why interrupted sleep became uncommon)	为 C 段选择标题	“Ekirch attributes the initial shift to improvements in street and home lighting... coffee houses emerged... the Industrial Revolution intensified that attitude...”	C 段解释为什么两段睡消失：照明改善、咖啡馆、工业化、时间效率观等历史原因。
17	D	vi (Biological and environmental factors preventing people from falling asleep again)	为 D 段选择标题	“natural preference for divided sleep... difficulties caused by extended exposure to artificial light... sleep maintenance insomnia... trouble getting back to sleep.”	D 段把生理偏好 (自然倾向于分段睡) + 环境因素 (人造光) 与夜间醒后难再入睡联系，完全对应 vi。
18	E	iii (Potential health issues related to sleep)	为 E 段选择标题	“the idea that we must sleep for an extended period could be damaging... likely to affect waking life... ‘Over 30% of medical problems... stem directly or indirectly from sleep.’”	E 段强调健康 / 医疗层面的问题与危害，因此选 iii。

二、Questions 19–23 (匹配研究者)

题号	题干翻译	答案	详细定位句 (英文原文)	解释
19	在某些历史时期，对犯罪危险的担忧导致了分段睡眠。	C (Craig Koslofsky)	“Associations with night before the 17th century were not good... streets... at night were often populated by thieves or worse... consequently scared many people.” (B 段)	Koslofsky 解释欧洲的两段睡成因：人们害怕夜晚的治安，因此日落后早睡，随后夜间醒来形成分段睡。
20	医生应当更多学习如何治疗睡眠障碍。	E (Russell Foster)	“Sleep has been ignored in medical training, and there are very few centres where sleep is studied... He feels this needs to change.” (E 段)	Foster 明确批评医学教育对睡眠重视不够，隐含要求医生需要加强学习与训练。
21	历史上，人们在睡眠被打断时，会利用夜间清醒时段做不同活动。	B (Roger Ekirch)	“During the waking period, people could be quite active... got up and moved around... read or wrote... used the time... to analyse their dreams.” (B 段)	直接描述了夜间醒来进行活动 / 思考，与题干完全一致。
22	欧洲的技术变革使人们更可能一觉睡到天亮。	B (Roger Ekirch)	“Ekirch attributes the initial shift to improvements in street and home lighting... Coffee houses... Industrial Revolution intensified that attitude.” (C 段)	Ekirch 将照明改进等技术 / 社会变化与睡眠从分段转向整段联系；晚睡 + 夜生活使中夜觉间醒现象消退，故选 B。
23	认为人类必须长时间连续睡眠这一信念可能在心理上有害。	D (Gregg Jacobs)	“the idea that we must sleep for an extended period could be damaging if it makes people who wake up in the night anxious...” (E 段)	Jacobs 指出该观念会引发焦虑并妨碍睡眠，属心理危害。

三、Questions 24–26 (摘要填空, ONE WORD ONLY)

题号	题干翻译 (摘录)	答案	详细定位句 (英文原文)	解释
24	人们通常很早睡觉, 在.....之后不久就上床。	<b>sunset</b>	“a first sleep which began <b>not long following sunset.</b> ” (B 段)	空格需要“在.....之后不久”的时间点; 原文对应 <b>sunset</b> 。
25	清醒时会思考他们的**.....**的意义。	<b>dreams</b>	“people used the time... to think about and attempt to analyse their <b>dreams.</b> ” (B 段)	原文直给“分析他们的 <b>dreams</b> ”。
26	16 世纪欧洲, 人们害怕基本未照明街道上的**.....**。	<b>thieves</b>	“streets... at night were often populated by <b>thieves</b> or worse.” (B 段 / 引 Koslofsky)	空格需表示让人害怕的对象; 原文为 <b>thieves</b> 。