

## READING PASSAGE 1

*You should spend about 20 minutes on **Questions 1–13**, which are based on Reading Passage 1 below.*

### **Sleep Study on Modern-Day Hunter-Gatherers Dispels Popular Notions**

The sleep troubles common in modern life have long been blamed on our industrial society, from the city lights, long work hours and commutes, to caffeine and the Internet. Sleep researchers often look back on a time when humans were able to get more rest by sleeping and waking to the rhythms of the sun. It turns out that this may not be quite right. In fact, our ancestors may not have been getting the recommended eight hours of sleep, either.

In a recent study, researchers traveled all over the world to examine sleep in some of the world's last remaining hunter-gatherer societies – the Hadza of Tanzania, the San of Namibia, and the Tsimane of Bolivia. Cut off from media, electricity and other distractions, these pre-industrial societies are thought to sleep the way humans did more than 10,000 years ago. Traveling to where they lived, often in humid, remote locations, researchers used medical devices to record the sleeping habits of 94 of these tribespeople and ended up collecting data representing 1,165 days.

They found very similar sleep patterns despite their geographic isolation. On average, all three groups sleep a little less than 6.5 hours a night, do not take naps, and don't go to sleep when it gets dark. Like many of us, the Hadza, San, and Tsimane spend more time in bed – from 6.9 to 8.5 hours – than they do actually sleeping. This adds up to a sleep efficiency that is very similar to today's industrial populations.

According to Jerome Siegel, director of the University of California's Center for Sleep Research, evidence suggests sleep habits may not be environmental or cultural, but central to the physical makeup of humans. These findings question the millions of dollars that have been spent on research that tries to explain why some sleepers get only about six hours of sleep a night. Also, such findings question whether lack of sleep is a cause of obesity, mood disorders, and other physical and mental illnesses which have become so common in recent decades. Scientists have documented that people's energy often falls in the mid-afternoon. Some have suggested that it's because we've managed to suppress a natural desire for a nap.

However, the new study provides evidence that this is unlikely, and that napping was actually rare in hunter-gatherer societies. The researchers estimated that naps may have occurred on up to 7 percent of winter days and 22 percent of summer days. They noted that their devices were only good at detecting longer naps, so it is possible that some of the study subjects took naps that were short, perhaps 15 minutes or less.

Another fascinating finding from the study had to do with the circadian rhythms, our daily activity cycles related to sunlight. Instead of going to sleep right at dusk, tribespeople were staying awake an average of between 2.5 and 4.4 hours after sunset. All three tribes had fires going, but the light itself was much lower than you might get from a light bulb. They did, however, have a tendency to wake up anywhere between an hour before and an hour after sunrise.

Siegel and his co-authors investigated this further by looking into the significance of temperature. They found that it also played a big role, though it was somewhat less important than light in influencing sleep patterns. They wrote that “sleep in both the winter and summer usually occurred during the period of cooling and that waking times usually occurred near the height of the daily warming trend.”

The tribespeople that were studied are different from people living in modern conditions in a number of respects. Importantly, almost none of them were troubled by sleeplessness. In interviews with the researchers conducted through interpreters, only 1.5 to 2.5 percent of the study subjects said they had severe difficulties sleeping more than once a year. This figure is far lower than the 10 to 30 percent recorded in many industrialized countries today. Siegel suggested that “mimicking aspects of the natural environment” may therefore help treat some sleep disorders.

The tribespeople are also much healthier. Not a single one is overweight, indicating their overall higher levels of physical fitness. They also tended to have healthier hearts. Thus comes a critical question. If we can't blame our health problems on our lack of sleep, could it be that the reason we feel so unrested is because of poor health?

Questions 1–4

Do the following statements agree with the information given in Reading Passage 1?

In boxes 1–4 on your answer sheet, write

|                  |   |
|------------------|---|
| <b>TRUE</b>      | <i>if the statement agrees with the information</i> |
| <b>FALSE</b>     | <i>if the statement contradicts the information</i> |
| <b>NOT GIVEN</b> | <i>if there is no information on this</i>           |

- 1 Scientists studied hunter-gatherer societies because their sleep patterns are assumed to be similar to those of humans more than 10,000 years ago.
- 2 The medical devices used in the research were specially designed for humid conditions.
- 3 Researchers found that tribespeople stayed longer in bed than inhabitants of industrialised regions.
- 4 Jerome Siegel believes that environment and culture have little effect on sleep patterns.

## Questions 5–13

Complete the notes below.

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

Write your answers in boxes 5–13 on your answer sheet.

### New Evidence on Sleep Patterns

#### New ideas about napping

- scientists have recorded an afternoon drop in **5** \_\_\_\_\_
- studies of hunter-gatherer societies show that napping was rare and occurred more often during the **6** \_\_\_\_\_
- the devices may not have detected **7** \_\_\_\_\_ naps

#### Daily activity cycles

- the tribespeople went to sleep several hours after sunset
- even with **8** \_\_\_\_\_ there was little light
- tribespeople usually woke up around **9** \_\_\_\_\_
- scientists found that **10** \_\_\_\_\_ had almost as much influence on sleep patterns as light

#### Differences between tribespeople and people in industrialised regions

- **11** \_\_\_\_\_ is something that very few of the tribespeople suffered from
- the environment of tribespeople may have been more suitable for sleep
- tribespeople had better fitness than industrialised populations and were not **12** \_\_\_\_\_
- tribespeople also had stronger **13** \_\_\_\_\_

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判断题 (Questions 1–4)

| 题号 | 答案        | 题干翻译                                   | 精确定位 (第 X 段原句)  | 解析  |
|----|-----------|--|---|---|
| 1  | TRUE      | 科学家研究狩猎采集社会，是因为人们假定他们的睡眠模式与一万多年前的人类相似。 | 第 2 段: "...these pre-industrial societies are <b>thought to sleep the way humans did more than 10,000 years ago.</b> "                  | 题干里的 because 对应研究动机；原文明确“被认为与一万多年前相同”，与题意一致，故 TRUE。               |
| 2  | NOT GIVEN | 研究中使用的医疗设备是专为潮湿环境设计的。                  | 第 2 段: "...often in humid, remote locations, researchers <b>used medical devices</b> to record..."                                      | 文中只说“地点常常潮湿偏远，并使用医疗设备”，未提到“设备专为潮湿环境设计”。不是与原文相反，而是无信息，判 NOT GIVEN。 |
| 3  | NOT GIVEN | 研究者发现，部落居民在床上待的时间比工业化地区居民更长。           | 第 3 段: "...spend more time in bed... This adds up to a <b>sleep efficiency</b> that is very similar to today's industrial populations." | 原文只比较“睡眠效率”与工业化人群“相似”，没有比较“在床时间长短”。信息缺失，判 NOT GIVEN。              |
| 4  | TRUE      | Jerome Siegel 认为环境和文化对睡眠模式影响很小。        | 第 4 段: "...evidence suggests sleep habits may <b>not be environmental or cultural</b> , but central to the physical makeup of humans."  | 直译即“不是环境或文化所致”，等价于“影响很小/不重要”，与题意一致，故 TRUE。                        |

笔记填空 (Questions 5–13)

(每空 ONE WORD ONLY；以下答案均来自原文用词的小写形式)

| 题号 | 答案            | 题干翻译                    | 精确定位 (第 X 段原句)  | 解析   |
|----|---------------|-------------------------|---|--|
| 5  | energy        | 科学家记录到下午精力的下降。          | 第 4 段: "Scientists have documented that people's <b>energy often falls in the mid-afternoon.</b> "  | "drop in ..." 对应 falls in ..., 名词用 <b>energy</b> 。                       |
| 6  | summer        | 研究显示小睡很少见，但在夏季更常发生。     | 第 5 段: "...naps may have occurred on up to 7 percent of <b>winter days</b> and <b>22 percent of summer days.</b> "  | 夏季比例更高 (22%>7%)，故填 <b>summer</b> 。                                       |
| 7  | short         | 设备可能未检测到短时间的小睡。         | 第 5 段: "...devices were only good at detecting longer naps... some ... took naps that were <b>short</b> , perhaps 15 minutes or less."                    | 直接同义替换，填 <b>short</b> 。  |
| 8  | fires         | 即使有篝火，光线也很弱。            | 第 6 段: "All three tribes had <b>fires</b> going, but the light itself was much lower..."  | "even with ____ there was little light" 对应 <b>fires</b> 。                |
| 9  | sunrise       | 部落居民通常在日出前后醒来。          | 第 6 段: "...wake up anywhere between an hour before and an hour after <b>sunrise.</b> "  | "around" 对应“前后一小时”，核心词 <b>sunrise</b> 。                                  |
| 10 | temperature   | 科学家发现温度对睡眠模式的影响几乎与光一样大。 | 第 7 段: "...looking into the significance of <b>temperature</b> . They found that it also played a big role, though somewhat less important than light..." | 题干“几乎与光一样”对应原文“也起很大作用，虽略小于光”，填 <b>temperature</b> 。                      |
| 11 | sleeplessness | 失眠/睡不着几乎没有困扰到这些部落居民。    | 第 8 段: "Importantly, almost none of them were troubled by <b>sleeplessness.</b> "   | 题干同义改写，直接填原词 <b>sleeplessness</b> (也可理解为 insomnia，但文中用词是 sleeplessness)。 |
| 12 | overweight    | 部落居民体能更好，且不超重。          | 第 9 段: " <b>Not a single one is overweight</b> , indicating their overall higher levels of physical fitness."   | 直接取原词 <b>overweight</b> 。  |
| 13 | hearts        | 部落居民的心脏也更健康/更强壮。        | 第 9 段: "They also tended to have <b>healthier hearts.</b> "   | "stronger ____" 与 "healthier hearts" 同向，名词复数 <b>hearts</b> 。             |

Q3 答案可能有争议，争议分析见下页

### Q3 争议说明 (“longer in bed” vs “similar efficiency”)

题干: Researchers found that tribespeople **stayed longer in bed** than inhabitants of industrialised regions.

标准答案: NOT GIVEN

#### 一、核心定位句

- 第3段①: “Like many of us, the Hadza, San, and Tsimane **spend more time in bed than they do actually sleeping.**”  
→ 这是组内比较 (在床时长 vs 实际睡着时长), 并未与 “工业化人群” 做在床时长的组间比较。
- 第3段②: “This adds up to a **sleep efficiency** that is **very similar** to today’s industrial populations.”  
→ 明确比较的是睡眠效率 (sleep efficiency), 不是在床时长 (time in bed)。

#### 二、为何不是 FALSE (反驳常见误判)

- 误判点 A: 把 “Like many of us” 误读成 “比我们更长”。
  - 正确理解: 它只说明 “我们也有在床时间 > 睡着时间的相同模式”, 不是在比较绝对时长的大小。
- 误判点 B: 用 “similar” 否定 “longer”。
  - 正确理解: 原文只说 “效率相似”, 并未说 “在床时长相似 / 更短 / 更长”。
  - 要判 FALSE, 必须出现与题干直接相反的陈述 (如 “stayed **not longer** / shorter / the same”), 文中没有 → 信息缺失 → NOT GIVEN。