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Weekend 'catch-up sleep' is a lie

周末“补觉”是一个谎言

catch-up /'kætʃ ʌp/: n. 补做；赶做

英文释义：the act of trying to do something you did not have time to do earlier

搭配短语：play catch-up（通过追赶，达到同样的水平或程度）

例句：Alibaba raced ahead into new markets, leaving other companies to play catch-up.

The negative health effects of skipping on sleep during the week can't be **reversed** by **marathon** weekend sleep **sessions**, according to a sobering new study.

一项发人深省的新研究表明，周末马拉松式的“补觉”并不能扭转工作日睡眠不足对健康的负面影响。

skimp /skɪmp/: v. 节俭，节约；吝啬

近义词：save

英文释义：to try to spend less time, money, etc. on something than is really needed

例句：Don't skimp on necessities of life.

reverse：v. 反转；n. 相反情况

marathon/'mæɪəθɔ:n/：adj. 马拉松式的

词性拓展：marathon (n. 马拉松赛跑；马拉松式的活动或工作)

session：n. 会议；[进行某活动的] 一段时间

搭配短语：a bull session：闲聊

搭配短语：a session with my analyst：与我的分析师的讨论

搭配短语：to go into closed/private session：召开秘密会议

sobering/'səʊbəɪŋ/：adj. 令人警醒的，使人冷静的

英文释义：making you feel serious and think carefully

词性拓展：sober (adj. 严肃的；冷静的)

搭配短语：a sobering experience 一个发人深省的经历

搭配短语：a sobering thought 一个冷静的想法

(本句下划线部分为句子主干) Despite complete freedom to **sleep in** and nap during a weekend recovery period, participants in a sleep laboratory who were limited to five hours of sleep on weekdays gained nearly three pounds over two weeks and experienced metabolic disruption that would increase their risk for **diabetes** over the long term. **While** weekend recovery sleep had some benefits after a single week of **insufficient** sleep, those gains were **wiped out** when people **plunged right back into** their same **sleep-deprived schedule** the next Monday.

在一间睡眠实验室中，一群实验参与者在工作日的睡眠时间被限制在五小时之内，而尽管他们在周末的恢复期内，可以完全自由地睡懒觉和打盹，他们的体重还是在两周的时间里增加了近三磅。同时，他们还出现了代谢紊乱的情况，从长远来看，这会增加他们患糖尿病的风险。虽然周末的恢复性睡眠对于仅持续一周的休息不足有一定的好处，但当人们在接下来的周一又重新回到那个睡眠不足的作息之后，这些好处就完全消失了。

Despite...over the long term：这句话的结构分成三个部分：Despite A, participants did B and C。句子的主语是 participants 参与者，在这里指的是一项睡眠实验的参与者，后面作者指出地点，in a sleep laboratory，在一间睡眠实验室里面。who 引导的定语从句表明了参与实验的条件，who were limited to five hours of sleep on weekdays，指实验的参与者在工作日只能睡五个小时。实验者在工作日受到这种限制，自然会在周末得到一些补偿，因此前面 despite 的部分说明了实验参与者可以做两件事情，第一件是 sleep in 睡懒觉，第二件是 nap 打盹，during a weekend recovery period，不过仅限在周末的恢复期内。而实验的结果

是, (participants) gained nearly three pounds over two weeks and experienced metabolic disruption, 参与者的体重在两周的时间里增加了近三磅, 除此之外, 他们还经历了代谢上的紊乱。disruption 的后面用 that 引导的从句, 补充说明这件事情的坏处: that would increase their risk for diabetes over the long term。从长远来看, 这会增加他们患糖尿病的风险。

sleep in: 睡懒觉

英文释义: to sleep until later in the morning than you usually do

例句: I need to stop sleeping in on weekends, no matter how good it feels to do so.

laboratory /lə'bɒrə,t(ə)ri/: n. 实验室

metabolic disruption: 代谢紊乱

metabolic /ˌmetə'bɔːlɪk/: adj. 代谢的, 新陈代谢的

词性拓展: metabolism (n. 代谢, 新陈代谢)

例句: Exercise is supposed to speed up your metabolism.

disruption: n. 中断; 扰乱

相关词汇: disrupt: v. 使...中断; 扰乱

词义辨析: disruption, interruption

两者都有“打断”的意思, interruption 的前缀 inter- 表示“在...中间”, 相当于 between, 可以理解为, 把一件原本完整的事情从中间打断, 一分为二; 而 disruption 的前缀 dis- 表达的是一种分崩离析的感觉, 因此这个词除了表示中断, 还可以指中断带来的混乱和崩溃。

diabetes /ˌdaɪə'bɪtiːz/: n. 糖尿病

英文释义: a disease in which the body cannot control the level of sugar in the blood

例句: Obesity is a risk factor for diabetes. 肥胖是糖尿病的危险因素。

while: 而; 虽然; 在...期间; 与...同时; 这里是虽然的意思

insufficient: adj. 不足的

wiped out: v. 消灭; 歼灭

plunge right back into: 立即重新陷入

plunge into /plʌn(d)ʒ 'ɪntu/: 经历, 陷入 (不快的事)

英文释义: to experience something unpleasant

plunge 近义词: drop

例句: The news plunged us into deep depression.

right /raɪt/: adv. 立即, 立刻, 马上

近义词: immediately

例句: I'll be right back.

sleep-deprived /sliːp dɪ'praɪvd/: adj. 睡眠不足的

相关词汇: deprived (adj. 短缺的; 匮乏的)

deprived 英文释义: suffering from a lack of the thing mentioned

相关词汇: humour-deprived 不幽默的

"If there are benefits of catch-up sleep, they're gone when you go back to your routine. It's very short-lived." said Kenneth Wright, director of the sleep and **chronobiology** laboratory at the University of Colorado at Boulder, who **oversaw** the work.

科罗拉多大学博尔德分校的睡眠与时间生物学实验室的主任肯尼斯·赖特主导了这项研究。他表示：“就算周末补觉有好处，当你回到日常（休息不足）的作息时，这些好处也会消失的。它们的效果非常短暂。”

chronobiology /krɒnəʊbaɪ'ɒlədʒɪ/: 时间生物学，生物钟学

英文释义：the science or study of the effect of time, especially rhythms, on living systems.

词根词缀：chrono-: 时间

oversee /ˌoʊvər'siː/: v. 监督；管理

同义词：supervise

例句：The film Alita was overseen by James Cameron. 电影Alita由James Cameron监督。

Wright said that the study suggests people should **prioritize sleep—cutting out the optional “sleep stealers”** such as watching television shows or spending time on electronic devices. Even when people don't have a choice about losing sleep due to child-care responsibilities or job schedules, they should think about prioritizing sleep in the same way they would a healthy diet or exercise.

赖特说，这项研究建议人们应该把睡眠放在优先地位，并减少不必要的“睡眠小偷”式行为，比如看电视节目或者花时间在电子设备上。即使人们因为照顾孩子的责任或工作安排而不得不牺牲睡眠的时候，他们也应该像对待健康饮食或体育锻炼一样，优先考虑睡眠。

prioritize A out B: 从B中优先处理A

prioritize /praɪ'ɔːrətaɪz/: v. 确定（事项的）优先次序；优先考虑

英文释义：to decide which of a group of things are the most important so that you can deal with them first

词性拓展：prior (adj. 优先的)

词性拓展：priority (n. 优先；优先事项)

例句：We must learn to prioritize our work.

原文：

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