

L6 Sleep

課文翻譯

過去三十年來，科學家們研究人類睡眠已得到相當多的知識。他們研究睡眠中人體特性的改變，並已得知有種睡眠造成快速眼動期，另一種則是非快速眼動期睡眠。

睡眠可分成三階段。第一階段中，當你開始進入睡眠，你會有一種輕飄飄的舒適感。第二階段你會睡得更熟，噪音可能吵不醒你。第三階段中你的腦波變得較不活躍，此時你開始作夢，而快速眼動睡眠往往顯示出你正在作夢。剩餘的夜晚，快速眼動睡眠和非快速眼動睡眠會交替運作。

睡眠是生理的需求，但你的腦部從未真正睡著。那些白天盤旋在你腦海的事情到了夜晚仍存在著。它們以夢的形態出現。研究人員說正常的人每晚可能會有四到五次快速眼動睡眠期的作夢。第一個快速眼動睡眠期可能在睡著後半小時即發生，而最後一個快速眼動睡眠期可能長達一小時。惡夢通常發生在天快亮的時候。除了作夢，打鼾在睡眠中也很常見。有許多有關打鼾的笑話，但事實上打鼾並不好笑。人們打鼾是因為睡著時無法順利呼吸。有些打鼾者會產生一種稱為呼吸中止症的情形。因為他們的喉嚨肌肉過於放鬆而阻礙呼吸道，所以一小時會停止呼吸高達

三十至四十次。一段時間之後，大腦會發出訊息讓人重新開始呼吸。這個模式往往伴隨了打鼾。這是一種危險的疾病，因為一旦腦部缺氧達四分鐘便會造成永久性的損害。呼吸中止症也會造成心律不整、高血壓及一般的體力不濟。

大多數人每晚需要七個半至八個半小時的睡眠，但這因人而異。嬰兒需要十八個小時的睡眠，而較年長者比較年輕的人需要較少的睡眠。假使某人無緣無故持續性地睡得比一般人久，則可能生理上或心理上出了問題。

假使你有睡眠的困擾，應該怎麼辦呢？許多人會吃安眠藥，然而這些藥是危險的，因為可能會成癮。如果你連吃好幾個禮拜的安眠藥，就很難戒除。醫生認為最好的方法就是放輕鬆並且避免不良習性。咖啡因會讓人保持清醒，所以別在傍晚喝任何含咖啡因的飲品。

睡眠對人類是重要的。平均人的一生中會花二十二萬個小時在睡眠上，所以我們需要盡可能了解一切與睡眠相關的知識。祝你有個好夢！

單字例句翻譯

1. bodily

Human beings need vitamins to grow or rebuild worn-out bodily tissues.

人類需要維生素來生長或重建受損的身體組織。

2. characteristic

The physical characteristics of the female birds are quite different from those of the male birds.

雌鳥的身體特徵與雄鳥的身體特徵有相當大的差異。

Cooperation among employees at all levels is characteristic of most successful companies.

各個階層員工之間的合作是多數成功企業的特性。

A child's character is influenced by his parents.

孩子的個性受到父母親的影響。

3. rapid

His teachers were all surprised at his rapid advance in learning English.

他的老師都很驚訝於他在學習英文方面進步神速。

In the past decade, computer technology is progressing rapidly around the world.

在過去的十年當中，電腦科技已經突飛猛進。

4. divide

You can divide the cake into six pieces.

你可將這個蛋糕切成六塊。

Their opinions divided on the question of how to promote their new product.

關於如何推銷他們新產品的議題上，他們的意見分歧。

5. stage

I am now in the research stage of my essay, so I will soon be ready to start writing.

我現在正在論文的研究階段，所以很快就準備好開始動筆了。

When it was her turn to sing a song on the stage, she was overcome with stage fright.

輪到她上台唱歌時，她難以克服怯場。

6. alternate

The two brothers alternated in cleaning the bedroom they shared.

這兩兄弟輪流整理他們共用的臥房。

The cake alternated layers of cream with slices of fresh fruits.

這個蛋糕由奶油和新鮮水果薄片層層交疊而成。

She usually does the housework on alternate days.

她通常每隔一天做家事。

I'm afraid there is no alternative. The only dessert today is chocolate cake.

恐怕沒有其他選擇。今天唯一的甜點就是巧克力蛋糕。

7. biological

Sleep is a biological need for humans; that is, we cannot live without it.

睡眠是人的生理需求；也就是說，我們不能沒有它。

The scientist devoted his life to the study of biology.

這位科學家終身奉獻於生物學的研究。

She wants to be a biologist because she is interested in plants and animals.

她想成為一位生物學家因為她對動植物有興趣。

8. nightmare

After watching a horror movie, the little girl had a nightmare.

看完恐怖片後，這個小女孩做了一個惡夢。

Our camping trip was a nightmare: it rained every day, and there was a hole in the tent!

我們的露營活動真是可怕的經歷：每天都下雨，而且帳篷還破了一個洞。

9. occur

A major earthquake occurred in the middle of the night, causing a large number of casualties.

一場大地震在半夜發生，造成許多人喪生。

Deafness occurs in about four million Americans.

美國人當中約有四百萬名聾人。

The occurrence of bird flu was responsible for several deaths in this country.

禽流感的發生造成該國好幾人死亡。

The solar eclipse this month is an unusual occurrence.

這個月的日蝕是不尋常的事件。

10. toward

The warriors were moving toward the castle.

戰士往城堡的方向而去。

People in this country have a tolerant attitude toward other religions.

這個國家的人民對於不同的宗教抱持包容的態度。

11. dawn

The farmer wakes up at dawn and starts his work in the farm every day.

農夫每天破曉就起床開始到田裡工作。

The cooperation between the two countries marked a new dawn in the history.

網際網路的發明開啟了溝通的新紀元。

12. snore

Her husband usually snores very loudly while he is sleeping.

她的先生在睡覺時經常大聲打鼾。

His loud snores sometimes keep his roommate awake all night.

他如雷的鼾聲有時使得他的室友徹夜未眠。

13. condition

The doctors are trying to find the best treatment for this condition .

醫生們正試著尋找這種疾病的最佳治療方法。

One of the conditions of his release from prison is that he must not use drugs or alcohol.

他被釋放出獄的條件之一就是不得再碰毒品或酒精。

My old car is still in good condition; I don't need to buy a new one.

我的舊車狀況仍然良好，我不需要買輛新的。

14. airway

When doing CPR on someone, the first step is to check that his or her airway is clear.

在對人進行心肺復甦術時，第一個步驟是檢查他的呼吸道是否暢通。

15. accompany

If the headache is accompanied by neck pain and a high fever, take the child to see a doctor immediately.

如果這個孩童除了頭痛還會頸部疼痛及發高燒，就要立刻帶他就醫。

Children under fourteen who want to see the movie must be accompanied by an adult.

十四歲以下的孩童想看這部電影的話必須有成年人陪伴。

16. permanent

He moved often while growing up, and now he longs for a permanent home.

成長的過程他經常搬家，現在的他渴望一個永久的家。

A childhood injury left a permanent scar on my chin.

童年的傷口在我的下巴留下一個永久的疤痕。

17. irregular

The flight to the island has an irregular schedule because of the unpredictable weather.

由於天候難以預測，飛往島上的航班時間不固定。

This test detects irregularities in a patient's heart rate.

這個檢驗偵測出病人心跳不規律。

18. energy

My father is full of energy and does his work efficiently.

我的父親活力充沛且做事很有效率。

Nuclear energy is a relatively clean kind of energy if it is used in a safe way.

如果使用的方式安全的話，核能是一種相對上比較清潔的能源。

The energetic kitten chased a ball all over the room.

這隻精力旺盛的小貓追著一顆球滿屋子亂跑。

19. vary

The price of admission to the museum varies according to age.

博物館的門票依年齡而異。

Various factors have contributed to worsening environmental problems.

各種因素造成環境問題的惡化。

In literature class, students have to read a variety of classics.

在文學課上，學生必須閱讀各種經典作品。

20. continually

Because she continually interrupted the other speakers, she was asked to leave the auditorium.

因為她一再打斷其他的演講者，她被要求離開禮堂。

My father worked continually from the age of thirteen until he retired last year.

我的父親從十三歲便不斷地工作直到去年退休。

I hope this hot weather continues—I love it!

我希望這種炎熱的天氣持續下去——我超愛的！

After taking one year off to travel, Mandy came back to school to continue her studies this January.

休了一年的假去旅行之後，曼蒂今年一月重回學校繼續她的課業。

This machine has been in continual use since the factory was set up.

自從這家工廠設立之後，這台機器便不斷運作。

21. apparent

It is apparent to everyone that their marriage is falling apart.

每個人都很明顯地感覺到他們的婚姻正瀕臨破裂。

It soon became apparent that the company had major financial problems.

不久便明顯看出這家公司有重大的財務問題。

22. physically

Children who have been physically abused should be protected by the government.

身體上受虐的孩童應由政府保護。

Firefighters must undertake a great deal of physical training.

消防員必須接受大量的體能訓練。

23. psychologically

Do people crave chocolate because they are psychologically addicted to it?

一般人醉心巧克力是因為他們在心理上成癮了嗎？

Sleep disorders such as insomnia can be related to serious psychological problems.

睡眠障礙例如失眠症有可能和嚴重的心理問題有關。

Dr. Smith, an expert in child psychology, wrote a book about raising happy children.

史密斯博士是兒童心理學專家，著有一本關於教養快樂兒童的書。

24. addictive

Cigarettes are highly addictive; once you start smoking, it is very difficult to quit.

香煙具有高度的成癮性，一旦你開始抽煙便很難戒除。

My brother is addicted to video games; he plays them all the time.

我的弟弟沉迷於電玩遊戲，他經常在玩。

Idioms and Phrases

1. a great deal

She spent a great deal of money buying clothes and jewelry.

她花了一大筆錢買衣服和珠寶。

2. for the rest of

I went to my friend's house after lunch, and we hung out for the rest of the afternoon.

午餐後我去朋友的家裡，我們一起閒晃度過剩下的下午時間。

3. fall asleep

I was so tired from playing football that I fell asleep right after supper.

我因踢足球太累而在晚餐後馬上睡著。