

Lesson Six**Sleep****I. 字彙測驗**

- condition** 1. The house is twenty years old, but it is still in good c ____ n.
- toward** 2. As the boy ran t ____ d them, the birds flew off in all directions.
- rapidly** 3. The theory that the world's climate is changing r ____ ly is widely accepted.
- divided** 4. The huge pizza was d ____ ed into twelve pieces.
- nightmare** 5. The blind date was a n ____ e from beginning to end; everything went wrong.
- stage** 6. The seats are much more expensive at the front near the s ____ e.
- alternated** 7. To knit a striped sweater, Mom a ____ ed gray and blue wool.
- permanent** 8. This is not my p ____ t home; I'm only staying here for a few months.
- addictive** 9. Alcohol and tobacco are highly a ____ e.
- Irregular** 10. I ____ r mealtimes can result in problems with your stomach.
- character** 11. Greed is part of the human c ____ r.
- snored** 12. My dog s ____ ed so loudly that it kept me awake all night.
- physically** 13. Give up your seat to p ____ ly disabled people on a bus or train.
- psychological** 14. The murderer claimed that he was suffering from p ____ l and emotional problems when committing the crime.
- apparent** 15. The sports event was canceled for no a ____ t reason.
- biological** 16. Your ____ (biology) clock controls your natural habits of sleeping and eating, as well as your growth.
- occurrence** 17. Street robberies are not a rare ____ (occur) in this neighborhood.
- continual** 18. I've been hearing a ____ (continue) strange noise from the attic since last night.
- energetic** 19. A nutritious breakfast will make you feel ____ (energy) all day.
- various** 20. The shirt comes in ____ (vary) colors and sizes.

II. 語法測驗

- (B) 1. Andrew never stopped _____ and spoiled the trip for everyone.
(A) complain (B) complaining (C) to complain (D) complained
- (B) 2. What's the matter? You look like you've just seen _____.
(A) some scary (B) something scary
(C) something scared (D) scary something
- (C) 3. Did you know anyone else at the party _____ Claudia?
(A) as well (B) also (C) besides (D) in addition
- (A) 4. If you _____ two of these pills, your headache will disappear in minutes.
(A) take (B) make (C) put (D) form
- (C) 5. John moved to Canada, and I haven't seen him _____ four years.
(A) from (B) since (C) in (D) on
- (D) 6. The aim of the game _____ kick the ball against that target.
(A) will (B) would (C) is (D) is to
- (A) 7. It is difficult _____ money selling goods from door to door.
(A) to make (B) make (C) makes (D) is making
- (D) 8. Jeff is very quiet today; he seems to have something _____ his mind.
(A) at (B) with (C) to (D) on
- (B) 9. At the meeting I was sitting next to a woman _____ Alice Cooper.
(A) naming (B) named (C) her name (D) was named
- (A) 10. Beryl goes to a movie at least four _____.
(A) times a month (B) times month (C) month times (D) months of time

III. 片語與句型造句**1. a great deal 很多**

例 She still needs a great deal more time to finish her book.

她還需要多很多的時間來完成她的著作。

- (1) 我已經花了一些時間在這份報告上，不過目前還不是很多。

I've spent some time on the report, but not a great deal so far.

- (2) 興建這家新醫院將耗費該城市鉅資。

Building the new hospital will cost the city a great deal of money.

2. one ... another 一個……另一個（未說明數量的情況）

例 For the company, one problem is a shortage of qualified staff; another is the lack of a marketing budget.

對這間公司來說，一個問題是合格的員工不足，另一個是缺乏行銷預算。

- (1) 去那裡的一條路是沿著萊姆街（Lime Street）。另一條是借道（by way of）教堂大道（Church Avenue）。

One way there is along Lime Street. Another is by way of Church Avenue.

- (2) 在長途飛行中，你可以做的一件事是看影片，另一件就是睡一下。

During a long flight, one thing you can do is watch a movie, and another is get some sleep.

3. be divided into 被分為……

例 A trilogy is a story that is divided into three episodes.

三部曲就是一個故事被分成三集。

- (1) 這本書被分成八個章節。

The book is divided into eight chapters.

- (2) 這個蛋糕已經被分成十塊（slice），每個小孩一塊。

The cake has been divided into ten slices, one for each child.

4. for the rest of 剩餘的

例 I'll be working on the financial report for the rest of this week, I guess.

我猜我這個禮拜剩下的時間都會用來做財務報告。

- (1) 我下半輩子都會記得跟她在一起的日子。

I will remember the days I spent with her for the rest of my life.

- (2) 老師叫鄧肯（Duncan）在這堂課（lesson）剩下的時間去角落罰站（stand）。

The teacher made Duncan stand in the corner for the rest of the lesson.

5. fall asleep 睡著

例 The movie was so boring that half of the audience fell asleep.

這部電影超無聊，以致於一半的觀眾都睡著了。

- (1) 我在火車上睡不著，即使我非常累了。

I was unable to fall asleep on the train, even though I was very tired.

- (2) 你一直在課堂上睡著，所以你也許應該早一點上床睡覺。

You keep falling asleep in class, so maybe you should go to bed earlier.

6. up to 多達，高達

例 Many people waited for up to an hour to get the pop star's autograph.

很多人為了拿到那個流行明星的簽名而等上一個小時之久。

- (1) 這些蘋果一顆可以賣到高達三百塊台幣。

These apples can cost up to NT\$300 each.

- (2) 一場感冒通常（normally）會持續一個禮拜之久。

A cold normally lasts up to a week.

7. have + trouble/difficulty/a hard time/fun/a good time ... + V-ing

做……有麻煩／有困難／很費力／很有趣／很愉快

例 I forgot my glasses today and had trouble seeing the chalkboard.

我今天忘了戴眼鏡，所以看黑板很辛苦。

- (1) 有一雙大腳丫的人可能不容易找到適合的鞋子。

People with huge feet may have trouble/difficulty/a hard time finding suitable shoes.

- (2) 達米安（Damien）在他的新學校好不容易才交到朋友。

Damien had trouble/difficulty/a hard time making friends at his new school.

8. comparative form + than + NP/S (+ V) 比較級

例 Gold is worth more than silver.

黃金比銀值錢。

Running errands to the bank took me longer than I had expected, and I was late back to my office.

去銀行辦事花的時間比我預期的還久，結果我來不及準時回到辦公室。

- (1) 因為塞車的關係，我們的車必須開得比計畫的慢。

Because of the traffic jams, we had to drive more slowly than we had planned.

- (2) 約書亞（Joshua）說起話來大致上比多數和他同年齡的孩子有禮貌。

Joshua generally speaks more politely than most kids of his age.

9. keep + O + adj. 保持……

例 It's not easy for a busy mother with small children to keep a house neat and tidy.

對一個家有幼兒的忙碌母親來說，要保持房子整齊清潔不是容易的事。

- (1) 那位老師有趣的方法讓學生保持高度興趣 (enthusiastic)。

The teacher's interesting methods kept the students enthusiastic.

- (2) 你喜歡的話可以播放音樂，但維持低音量。

You can play music if you like, but keep it low.

10. spend + 時間 + V-ing 花費 (時間) 做

例 I spent the whole afternoon preparing the Thanksgiving dinner.

我花了整個下午的時間在準備感恩節晚餐。

- (1) 我星期天花了四個小時清潔及修理我的腳踏車。

I spent four hours cleaning and repairing my bicycle on Sunday.

- (2) 明年夏天蒂娜 (Tina) 希望能花六個星期的時間去澳洲學英文。

Next summer Tina is hoping to spend six weeks learning English in Australia.

IV. 克漏字測驗

Unable to sleep, Roger looked at his friend Harry in the other bed. Harry never seemed to have trouble 1. Roger had shared rooms with Harry before. They had spent a 2 time on trips together. Harry always seemed to sleep 3 Roger. Roger believed he needed 4 sleep than Harry. What he couldn't understand was that he himself felt fine during the day, while Harry sometimes had a general 5 energy.

Roger thought it was about five a.m. when he finally fell 6. He awoke at seven, and joined Harry for breakfast. He was shocked by what Harry told him. "I went to sleep about midnight," said Harry. "But your snoring woke me 7 soon afterwards. And it kept me awake for the 8 the night. You always do that. I 9 to wear ear plugs, but I forgot to bring them on this trip. Your eyes kept moving. You must have been dreaming you were awake, 10 me sleep.

- (A) 1. (A) sleeping (B) sleep (C) to sleep (D) sleeps
 (B) 2. (A) great many of (B) great deal of (C) large amount (D) plenty of
 (B) 3. (A) more sound than (B) more soundly than
 (C) more soundly (D) as soundly
 (A) 4. (A) less (B) fewer (C) least (D) fewest
 (D) 5. (A) time of (B) short of (C) lot of (D) lack of
 (A) 6. (A) asleep (B) sleepy (C) sleep (D) slept
 (B) 7. (A) on (B) up (C) in (D) out
 (C) 8. (A) most of (B) much of (C) rest of (D) part of
 (D) 9. (A) have not (B) make up (C) had better (D) have learned
 (C) 10. (A) watch (B) to watch (C) watching (D) watched

V. 翻譯

1. 那次意外造成的永久傷害讓他餘生都要坐輪椅。
The permanent injury from the accident left him in a wheelchair for the rest of his life.
2. 晚上喝了含咖啡因的飲料後，我一直到破曉才睡著。
After having a drink containing caffeine in the evening, I didn't fall asleep until dawn.
3. 體型最小的蜂鳥一秒鐘拍打翅膀可高達一百下。
The smallest-sized hummingbirds can beat their wings up to 100 times per second.
4. 喝醉通常伴隨著一種飄飄然的感覺。
Being drunk is usually accompanied by a floating feeling.
5. 我弟弟迷上攝影，還花了很多錢在買器材上面。
My brother is addicted to photography and spends a great deal of money buying equipment.
6. 猶太鼻是一個身體特徵，有時候你可以藉此分辨出猶太人。
The Jewish nose is a physical/bodily characteristic from which you can sometimes identify a Jew.
7. 人類大約花三分之一的人生在睡眠。
Human beings spend about one-third of their lifetimes sleeping.
8. 由於生理上的需求，嬰兒睡覺的時間比成年人久。
Due to a biological need, babies sleep longer than adults.
9. 曼蒂 (Mandy) 每隔一天就上一次健身房 (gym) 以保持自己身材健美 (fit)。
Mandy goes to the gym on alternate days to keep herself fit.
10. 高油脂食物可能引發各種疾病。一種是高血壓，另外還有心臟病。
Fatty food may cause a variety of illnesses. One is high blood pressure, and another is heart disease.
11. 因為丈夫巨大的打鼾聲，薇琪 (Vicky) 不斷有睡眠的困擾。
Vicky continually has trouble sleeping because of her husband's loud snoring.
12. 一個經濟週期 (economic cycle) 可分為四階段。
An economic cycle can be divided into four stages.

VI. 英文瞭望台

課文問答

1. What are the two kinds of sleep that scientists have learned about? (paragraph 1)

Sleep with rapid eye movement and sleep without it.

2. What happens in stage one of your sleep? (paragraph 2)

You have a pleasant floating feeling.

3. When do nightmares usually occur? (paragraph 3)

They usually occur towards dawn.

4. Why do people with sleep apnea sometimes stop breathing? (paragraph 4)

Their throat muscles relax too much and block their airways.

5. How much sleep do babies need? (paragraph 5)

Eighteen hours.

6. Why can it be dangerous to take sleeping pills? (paragraph 6)

Because they can be addictive.

單字比較

<p>continual <i>adj.</i> 不停的 指重複出現或發生的，通常是不好的情況。例如：continual fear、continual interruptions、continual complaints、continual problems。</p>	<p>VS.</p>	<p>continuous <i>adj.</i> 不停的 指在時間或空間上不間斷的。例如：continuous supply、continuous rain、continuous line、continuous noise。</p>
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練習

1. I am really tired of my neighbor's **continual** shouting.

2. He lived in Germany for a **continuous** period of fifteen years.

<p>character <i>n.</i> (個人或某一群體的) 個性 是較為客觀、以道德眼光認定是否具有責任感 (responsibility)、忠誠度 (loyalty)、勇氣 (courage) 等特質。</p>	<p>VS.</p>	<p>personality <i>n.</i> 個性 是較為主觀、表現出來的形象，例如幽默感 (sense of humor)、害羞 (shy)、活潑 (outgoing) 等，較沒有好壞之分。</p>
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練習

3. Peter suddenly lost his temper, which was out of **character** for him.

4. As well as being pretty, Leanne has a very pleasant **personality**.

VII. 閱讀測驗

How often have you found yourself lying awake in bed thinking: “If only I could relax, I’d be able to sleep.”? Well, it is certainly true that a relaxed state is necessary to achieve sleep. Fortunately, relaxation is something you can learn, even if you’re not very good at it right now. Relaxation includes both physical and mental states. Physically, it is associated with deeper, slower breathing and decreased muscle tension. At the mental level, it means separation from the world outside yourself and a reduction in anxiety.

There are two specific techniques that are known to help get your mind and body into a relaxed state. You can follow a system of tensing then relaxing each of your body’s main muscle groups. This leads to a decrease in muscle activity, blood pressure, and heart rate. To get rid of mental tension, you can focus on something called image training. That means picturing a pleasant scene and concentrating on putting yourself inside it. It leads to improved control of your mind and a greater ability to distract your thinking away from things you are worried about. Both relaxation techniques focus on ideas of “heaviness” and deep breathing, and improve with practice. They should take less than a quarter hour to complete. By that time, you will be ready to fall asleep.

- (D) 1. Who is this passage aimed at?
(A) Students who fall asleep in class.
(B) People who have unusual dreams.
(C) People who have little time to relax.
(D) People who have trouble sleeping.
- (A) 2. What does the passage say about relaxation?
(A) It includes two elements. (B) It is not necessary for sleep.
(C) It is very easy to achieve. (D) Most people can achieve it.
- (A) 3. One example of physical relaxation is _____.
(A) breathing slowly and deeply (B) lying awake while in bed
(C) separation from the outside world (D) feeling less anxious than usual
- (B) 4. What does the passage mean by image training?
(A) Tensing and then relaxing your muscle groups.
(B) Forming pictures of nice things in your mind.
(C) Concentrating on things you are worried about.
(D) Making your body feel heavier than usual.
- (D) 5. With practice, you can achieve relaxation before sleep _____.
(A) as soon as you try it (B) in a couple of hours
(C) in about half an hour (D) in less than 15 minutes

VIII. 看圖寫作

Part I Answer the following questions according to the above pictures.

Picture 1

1. Where is the boy?

He is at the zoo.

2. What is he eating?

He is eating ice cream.

Picture 2

3. What is the boy doing now?

He is screaming.

4. Why is he afraid?

There is a lion in front of him.

Picture 3

5. Where is the boy?

He is in bed.

6. What has just happened to him?

He has just had a bad dream/nightmare.

Part II Write a 100-word composition based on your answers to the questions.

範例 Charlie was at the zoo. He had seen all the animals already, and was walking towards the exit, eating an ice cream. Suddenly, he noticed that all the other people at the zoo had disappeared. He soon found out why. As Charlie turned a corner, he came face to face with a huge, fierce lion. The lion leapt towards him, and opened its mouth to roar. Charlie screamed loudly. Then he found himself awake in bed. His mother was comforting him, telling him he had woken up from a nightmare.