

Was your mum right to send you to bed? 你几点睡觉?

Vocabulary: sleep 词汇: 睡眠

I loved action movies when I was a kid. And I **nagged** my mum to allow me to go to bed late so that I could watch the ones broadcast after the **watershed**. They were more interesting. She didn't want me feeling **sleepy** the following day but she always **relented**.



A new piece of research suggests that my **erratic bedtimes** might be behind not only my non-stop **yawning** at school but also a couple of bad results in tests. A UK study of more than 11,000 seven-year-olds concluded that there is a link between **sleep patterns** and **brain power**.

The analysis showed that youngsters who had no regular **bedtime** or who went to bed later than 21:00 had lower **scores** for reading and maths.

The reason? Scientists, led by Prof Amanda Sacker from University College London, think that **lack of sleep** may disturb **natural body rhythms** and **impair** how well the brain learns new information.

According to the researchers, by the age of seven more than half the children had a regular bedtime of between 19:30 and 20:30. Maybe much earlier than you and me.

I'm not sure if my mother would agree with this study's results. A reader using the name 'ClaireyBeary77' wrote to the website to say that her five-year-old son goes to sleep around 22:00. After having dinner, doing his homework, playing and watching TV with her, he goes to bed late and does well at school.

Another mother, 'Lisa337', **blamed** the teachers. She wrote: "I wish someone would tell teachers that plenty of sleep is more important than homework for small children!"

It got me thinking how difficult it must be for kids to **hit the sack** today when there are so many interesting things to do. Who can go to bed early and miss hours of excitement with computer games? I would have played all night! And what about your friends on social media? You can't sleep when they are **awake** somewhere on the other side of the world!

What time did you go to bed when you were a child? Did it cause you any problems?

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Why did the article's author go to bed late?
2. Who did worse on tests presented by the scientists?
3. How many children in the study slept between 19:30 and 20:30?
4. In how many activities did the son of 'ClaireyBeary77' engage before going to sleep?
5. Which expression means 'young people'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. My mother used to cook a lot of fish meals because she believed it could boost my _____ and memory.

sleep pattern	lack of sleep	brain power	watershed
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2. My uncle divorced his wife. He said she _____ him too much.

hit the sack	nagged	relented	impaired
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3. Yesterday you said you wanted to move to the country. Today you insist on living in the city. I don't understand your _____ behaviour!

good	interesting	sleepy	erratic
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4. Jennifer is a good mother. Every night she reads _____ stories to her son.

bedtime	erratic	regular	sleepy
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5. Johnny thought the class was boring. He kept his eyes wide open but couldn't stop _____.

nagging	sleeping	yawning	relenting
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Why did the article's author go to bed late? **Because he watched action movies after the watershed.**
2. Who did worse on tests presented by the scientists? **Children who went to bed after 21:00 or who didn't have a regular bedtime.**
3. How many children in the study went to bed between 19:30 and 20:30? **More than half.**
4. In how many activities did the son of 'ClaireyBeary77' engage before going to sleep? **Four: having dinner, doing homework, playing, watching TV.**
5. Which expression means 'young people'? **Youngsters.**

Exercise 练习

1. My mother used to cook a lot of fish meals because she believed it could boost my **brain power** and memory.
2. My uncle divorced his wife. He said she **nagged** him too much.
3. Yesterday you said you wanted to move to the country. Today you insist on living in the city. I don't understand your **erratic** behaviour!
4. Jennifer is a good mother. Every night she reads **bedtime** stories to her son.
5. Johnny thought the class was boring. He kept his eyes wide open but couldn't stop **yawning**.

Glossary 词汇表

to nag	纠缠不休
the watershed	分水岭时间（在晚 9 点后才能播出的电视节目）
sleepy	困乏的
to relent	让步
erratic	不规则的
bedtime	就寝时间
to yawn	打哈欠
sleep pattern	睡眠模式
brain power	脑力
the score	（考试）分数
lack of sleep	睡眠不足
natural body rhythms	自然的身体节律
to impair	妨碍、削弱
to blame	指责、责怪
to hit the sack	睡觉
awake	醒着的