

### 本集内容

Why do we sleep? 我们为什么要睡觉？

### 文字稿

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我们为什么要睡觉？

We spend about a third of our lives asleep, but it's been difficult for scientists to work out exactly why we do it.

我们一生中大约三分之一的时间都在睡觉，但科学家们却很难找出我们要睡觉的确切原因。

It's thought to be an evolutionary trait – designed to help our bodies recover from the day.

人们认为睡眠是一种进化而来的行为特征，旨在帮助我们恢复白天活动中消耗的能量。

We know it helps our brain cells to strengthen connections. This can help preserve memories.

我们已知睡眠有助于增强脑细胞的相互联系。这有助于保存记忆。

But it also affects almost every part of our body, including the brain, heart, lungs and immune system.

但睡眠还会对我们身体的几乎所有部位，包括大脑、心脏、肺部和免疫系统产生作用。

And a lack of sleep's been connected to health issues like diabetes, heart disease, obesity and mental health problems.

人们认为，睡眠不足可能是一些疾病的影响因素，如糖尿病、心脏病、肥胖和心理健康问题。

Things like stress, shift work, caffeine and alcohol can make your sleep worse, but having a consistent bedtime, eating healthily and exercise can all help.

压力、轮班工作制、咖啡因和酒精等都可能会进一步降低你的睡眠质量，而固定的就寝时间、健康饮食和锻炼都有助于改善睡眠。

Everyone's different, but it's recommended that adults get between seven and nine hours a night.

虽然每个人的情况都不尽相同，但建议成年人每晚睡七到九个小时。

So, tonight, make sure you get the right amount of rest.

今晚你一定要睡个好觉。

视频链接

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