

## Ancestors 'had less sleep' than we do 现代人睡眠时间超过祖先

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美国研究人员对与我们祖先生活方式相似的非洲和南美洲社会居民的睡眠习惯进行了调查研究。研究表明我们祖先的睡眠时间可能少于我们。以下是 Rebecca Morelle 的报道。

From **artificial lights** to late-night TV and now our smartphones, modern life is often blamed for **ruining** our sleep. But this study suggests our ancestors didn't get any more sleep than we do.

The researchers monitored **traditional** societies in Namibia, Tanzania and Bolivia, where people live like ancient **hunter-gatherers** once did. They found they slept on average six and a half hours a night.

Surprisingly, **natural light** didn't have as big an influence as was thought. Most people fell asleep hours after sunset. However, temperature was important. The morning's coldest point was when most people woke up.

**Insomnia** was also extremely rare.

## 词汇表

<b>artificial lights</b>	人工照明
<b>ruining</b>	破坏
<b>traditional</b>	传统的（这里指古老的、远古社会）
<b>hunter-gatherers</b>	依靠狩猎为生的人
<b>natural light</b>	自然光
<b>insomnia</b>	失眠

## 测验

请听报道并回答下列问题。

1. Which factors were said to make us sleep less in the 21<sup>st</sup> century?
2. Why did the researchers study societies in Tanzania?
3. True or false? People fell asleep as soon as it got dark.
4. True or false? Heat was more important than light in influencing sleeping patterns.

## 答案

1. Which factors were said to make us sleep less in the 21<sup>st</sup> century?

**Artificial lights, late-night TV and smartphones.**

2. Why did the researchers study societies in Tanzania?

**Because they found societies which live in a similar way to ancient hunter-gatherers.**

3. True or false? People fell asleep as soon as it got dark.

**False. People fell asleep hours after it got dark.**

4. True or false? Heat was more important than light in influencing sleeping patterns.

**True. According to the report, natural light was not a big influence, but temperature was – people woke up at the coldest point of the morning.**