



Vocabulary: Sleep 睡眠

Do you consider your bed a safe **haven** of rest and calm? Do you sink into a mattress after a hard day's work and feel tension and stress drain away as you rest your **weary** head on a soft pillow? Well, you might not feel so relaxed if you knew that **microscopic pests** were **lurking** there! It seems that beds may not be such a good place for our **well-being** – they could actually be making us ill!



These little dust mites love our beds

Recent studies have shown that bacteria, fungi and dust **mites**, some smaller than the diameter of a hair, live in our **bedding**. When we move around in our sleep, we disturb them and they are **propelled** into the air – which we then breathe in as we sleep. According to the American Lung Association, four out of five households in the United States now have high levels of dust mites, although it's not the mites themselves that cause the problems, but their droppings. These are "highly **allergenic**" according to Dr William Berger, a fellow with the American Academy of Allergy, **Asthma** and Immunology. "Even if you aren't allergic... they can still irritate you, the way pepper would if it blew into your nose and eyes."

Brendan Boor, Assistant Professor of Civil Engineering, who carries out bed research, also found that bed dust in the air **triggers** allergies – causing watery eyes, sneezing, coughs and asthma. He has recommended ways to limit our **exposure** to these unsavoury allergens:

Firstly, he suggests vacuuming your mattress regularly – weekly, or even daily. He also recommends doing away with carpets and washing floors. Using allergen-**proof** bed covers, he says, can reduce the risk of getting allergies. In addition, washing bedding and pillows frequently can help, as can a portable air cleaner placed near the bed.

If you do as Brendan Boor suggests, you will breathe in cleaner air as you sleep... or will you? Is it really safe for you to go back in your bed...?

词汇表

| | |
|--------------------|--------------------|
| haven | 安全的地方，安乐窝 |
| weary | 疲倦的、疲惫不堪的 |
| microscopic | 微小的、细微的 |
| pests | 害虫 |
| to lurk | 潜藏，悄悄移动 |
| well-being | 幸福健康的状态 |
| mites | 螨虫、小虫 |
| bedding | 床上用品（包括床单、被罩、枕头罩等） |
| propelled | 被弹出、被弹起 |
| allergenic | 引起过敏的 |
| asthma | 哮喘 |
| to trigger | 引发、引起 |
| exposure | 接触 |
| -proof | 抗...的，能防护...的 |

测验与练习

1. 阅读课文并回答问题。

1. True or false? *According to the article, beds are not the secure places we thought they were.*
2. What are causing a lot of allergies in US households?
3. Name two symptoms that might indicate you are allergic to something.
4. How often should you vacuum your mattress, according to Brendan Boor?
5. What phrase means 'to get rid of something'?

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

1. We were drifting in the lifeboat and our boat had already _____ by the time the rescue boats arrived.

| | | | |
|------|------|--------|---------|
| sank | sunk | sinked | sinking |
|------|------|--------|---------|

2. Try not to _____ me for the next half an hour. I'm going to lie down and have a sleep.

| | | | |
|------------|-------------|----------|---------|
| disappoint | distinguish | distract | disturb |
|------------|-------------|----------|---------|

3. The average _____ income of a British family is now around £23,500.

| | | | |
|-----------|----------|-------------|-------|
| household | houseful | householder | house |
|-----------|----------|-------------|-------|

4. I came up in a nasty red rash after eating those strawberries. I must be _____ to them.

| | | | |
|------------|----------|-----------|--------|
| allergenic | allergic | irritated | immune |
|------------|----------|-----------|--------|

5. Dust around the home can often _____ reactions such as sneezing and a runny nose.

| | | | |
|-------|---------|--------|--------|
| begin | trigger | set up | target |
|-------|---------|--------|--------|

答案

1. 阅读课文并回答问题。

1. True or false? *According to the article, beds are not the secure places we thought they were.*

True. There are microscopic pests in them and these are making us ill.

2. What are causing a lot of allergies in US households?

Dust mite droppings.

3. Name two symptoms that might indicate you are allergic to something.

Two of the following: watery eyes, sneezing, coughs, asthma.

4. How often should you vacuum your mattress, according to Brendan Boor?

Every day or once a week.

5. What phrase means 'to get rid of something'?

Do away with.

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

1. We were drifting in the lifeboat and our boat had already **sunk** by the time the rescue boats arrived.

2. Try not to **disturb** me for the next half an hour. I'm going to lie down and have a sleep.

3. The average **household** income of a British family is now around £23,500.

4. I came up in a nasty red rash after eating those strawberries. I must be **allergic** to them.

5. Dust around the home can often **trigger** reactions such as sneezing and a runny nose.