



Vocabulary: sleep 词汇: 睡眠

How long does it take you to fall asleep? Are you **out like a light** as soon as your head hits the pillow, or does it take you more than a little time to **doze off**?

If the average night's sleep is eight hours, or a third of a day, then it means we spend around one third of our lives in this **dormant** state. Science already has reams of data on the brain's activity during sleep itself. Now, an international group of researchers at the University of Cambridge are researching that **dopey** state we all go through between **wide awake** and **fast asleep**.

This transitional period usually lasts between five and 20 minutes, says Sridhar Rajan Jagannathan, one of Cambridge's Gates Scholars. However, people exhibit a variety of behaviour within this time. For some, going to **the land of nod** is a smooth, quick journey, while others have more difficulty. They "begin to get **drowsy**" and then **snap out of it** "back to **alertness**" he says.

The aim of the research is to find out how this pre-sleep phase, when the eyes **glaze**, the attention wanders and the mind is **lulled**, could be linked to accidents and dangerous mistakes. This could happen during the day while at work. "If you're doing some boring task, you might be drowsy in this period. Small **drift-offs** can cause big problems," says Mr Jagannathan. This is not just connected to safety concerns with driving, for example, but any task where concentration and decision making are important.

There are positive sides to this **hypnagogic** period too. Some experts think there is a connection to creativity and imagination. This is caused by a reduction in your inhibitions, which makes you more creative. You have more freedom to express yourself, and you're more willing to make mistakes. It certainly seems to support the old adage of **sleeping on it** to solve a problem.

Ultimately, there are hopes that research into brain activity during falling asleep and waking might help stroke victims who are trying to regain lost physical functions. That could well be a **pipe dream**. There are also research efforts underway to find ways to warn of the onset of sleep, identifying changes in eye movements or brain activity. These could have practical applications for tired people operating heavy machinery and may help ensure that when it comes to accidents, we're not **caught napping**.

词汇表

out like a light	迅速入睡
doze off	入睡
dormant	休眠的，沉睡的
dopey	迷迷糊糊的
wide awake	完全清醒的
fast asleep	熟睡的
the land of nod	在睡梦中
drowsy	半梦半醒的，睡意朦胧的
snap out of it	从...迅速恢复过来
alertness	清醒
glaze	发呆，（眼神）变呆滞
lull	使发困，使安静
drift-off	渐渐入睡
hypnagogic	催眠的，入睡前的
sleeping on it	考虑一晚上，把...留到第二天再作决定
pipe dream	白日梦
catch someone napping	使某人措手不及、猝不及防

测验与练习

1. 阅读课文并回答问题。

1. How much of our lives do we spend asleep on average?
2. True or false: *Everybody falls asleep in the same way.*
3. What is the aim of this research?
4. How does the period before sleep enable creativity?
5. What practical medical application for this research is mentioned in the article?

2. 请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. John, put that down! Do you know how much caffeine there is in that drink? You won't sleep! You'll be _____ all night.

out like a light	dopey	wide awake	alertness
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2. Huh? What did you say? I'm sorry, a heavy lunch like the one we just ate always makes me _____.

dormant	drowsy	snap out of it	caught napping
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3. Unless we change our prices, we won't be able to cover our overheads next month. Now that we know, we can act so we won't be _____.

lulled	a pipe dream	caught napping	sleep on it
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4. For the peasants living in the middle ages, the idea of owning property or gold was just _____. It would never happen for them.

the land of nod	hypnagogic	snap out of it	a pipe dream
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5. John, what's going on with you today? You are usually much quicker than this. Will you _____?

doze off	dopey	snap out of it	sleep on it
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答案

1. 阅读课文并回答问题。

1. How much of our lives do we spend asleep on average?

If the average night's sleep is eight hours, or a third of a day, then it means we spend around one third of our lives in this dormant state.

2. True or false: *Everybody falls asleep in the same way.*

False. People exhibit a variety of behaviour within this time. For some, going to sleep is a smooth, quick journey, while others have more difficulty.

3. What is the aim of this research?

The aim of the research is to find out how this pre-sleep phase could be linked to accidents and dangerous mistakes.

4. How does the period before sleep enable creativity?

This state reduces your inhibitions, making you more creative. You have more freedom to express yourself, and are more willing to make mistakes.

5. What practical medical application for this research is mentioned in the article?

There are hopes this research might help stroke victims regain lost physical functions.

2. 请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. John, put that down! Do you know how much caffeine there is in that drink? You won't sleep! You'll be **wide awake** all night.

2. Huh? What did you say? I'm sorry, a heavy lunch like the one we just ate always makes me **drowsy**.

3. Unless we change our prices, we won't be able to cover our overheads next month. Now that we know, we can act so we won't be **caught napping**.

4. For the peasants living in the middle ages, the idea of owning property or gold was just a **pipe dream**. It would never happen for them.

5. John, what's going on with you today? You are usually much quicker than this. Will you **snap out of it**?