

♪27 Few people understand the importance of sleep. For most of us, it's simply a blank — an empty time in our lives when we're not doing anything. In the busy, modern world, with its emphasis on always being in touch and getting information as quickly as possible, we tend to think of sleep as something getting in the way of our real lives and play down its importance. This especially seems to be true in countries with advanced technology like Japan and South Korea, which often appear at the top of surveys of places that average the lowest amount of sleep per night. Young people are linked up to each other day and night via computers and smartphones.

♪28 However, rather than being a "minus" in our lives, sleep plays a key part in keeping us healthy. Not getting enough sleep can lead to physical problems like high blood pressure and being overweight, and mental problems like anxiety, inability to concentrate, and even depression. Sleep is not just helpful, it's necessary. Studies with rats that normally live two to three years showed that ones completely deprived of sleep lived only five weeks.

♪29 The concept of not getting enough sleep is called sleep debt. If we borrow money to buy something, at some point we have to pay it back and this isn't always easy to do. It's the same for sleep debt. We think that going a few nights without enough sleep can be made up for on weekends, but it's not so simple. Falling behind on the required amount of sleep by sleeping six hours a night Monday through Friday instead of the required eight or more hours puts us ten hours behind and it's hard to catch up that much in only two days. We would have to sleep more than thirteen hours each night!

♪30 This is especially a concern for teenagers, who need nine hours of sleep to function at their best. The ease of communicating with friends through social networking services or exploring the Internet late at night, added to long commutes in the morning and club activities after school, makes it tough for high school and college students to keep up "payments" on their sleep debt. (日本大)



25. social networking service「ソーシャル・ネットワーキング・サービス(SNS)」

大意把握問題

- A** 本文の内容に合うものを1つ選びなさい。 [4点]
- (a) The modern world emphasizes the importance of always getting enough sleep.
 - (b) In the busy world, we are apt to overestimate the importance of sleep.
 - (c) Lack of sleep can cause us both physical and mental problems.
 - (d) Rats not allowed to sleep at all live much longer than those living normally.
- ()

内容理解問題

- B** 下線部①では何が重視されると書いてありますか。日本語で答えなさい。 [3点]
- C** 下線部②は何を調べた調査ですか。日本語で答えなさい。 [3点]
- D** 下線部③を具体的に表した11語と9語の表現を第1段落から抜き出しなさい。 [2点×2=4点]
- (11語)
- (9語)
- E** What do we call sleep debt? Answer in Japanese. [2点]
- F** 下線部④が指している内容を日本語で答えなさい。 [3点]
- G** 下線部⑤が指している内容を日本語で答えなさい。 [3点]
- H** 下線部⑥の具体的な内容を表す次の語句の空所に適切な数字を入れなさい。 [2点]
- () 時間分の睡眠
- I** 高校生や大学生が睡眠不足を解消するのが難しくしているものとして、朝の長い通学時間と放課後のクラブ活動以外に何が挙げられていますか。日本語で答えなさい。 [4点]