

◆早稲高3英語◆ 1学期中間対策 コミュ英②



ARE YOU SLEEPING ENOUGH

① We've all had restless nights / when we couldn't get to sleep / – and have suffered the next day as a result. ② Sleep experts say / the average adult requires seven to nine hours of sleep per night/ ; in fact, anything less could harm our health.

No time to sleep

② In spite of the importance of sleep, / many people are not getting enough. ④ For example, Americans sleep one hour less per night on average/ than they did 20 to 30 years ago. ⑤ "The dependency on caffeine and the whole Starbucks culture is certainly one proof / that our society is sleepier than ever before," says William Dement, a sleep researcher at Stanford university. ⑥ Sleep is a biological need, much like food and water. ⑦ If totally deprived of shut-eye, humans ultimately perish. ⑧ Yet millions of people are increasingly skimping of their sleep. ⑨ Why has sleep deprivation become such a big problem? ⑩ There are a couple of possible reasons. ⑪ Researchers say that today's sleep deprivation is partly due to modern expectations. ⑫ These days, consumers expect / information, entertainment, and food to be available round-the-clock. ⑬ One of the results of this 24/7 culture is that / consumers stay awake longer and later than they used to. ⑭ Consequently, workers who provide us with goods and services can't stop working when the sun goes down. ⑮ In addition, the fast-paced and competitive world of business often rewards employees / for arriving at work early and staying late. ⑯ As a result, many employees are willing to skip sleep in order to impress the boss.

Effects of sleep deprivation

⑯Sleep deprivation can have a significantly detrimental impact on our performance, however.

⑰According to Charles Czeisler of Harvard University, /staying awake for 24 hours or sleeping

only five hours a night for a week is like having a blood-alcohol level of 0.1 percent. ⑯That is

well above the legal limit for safe driving in most countries.⑰Most people probably wouldn't get

drunk /before going to work or taking an exam;/but if they are sleeping an average of five hours

a night, they may be working, studying, driving, and making decisions/ as though they are intoxicated.

⑲Sleep deprivation can result in poor grades or poor performance at work.⑳But in some cases, it

can have more dangerous effects. ㉑In February 2009, a commuter plane crashed on the way

from Newark, New Jersey, to Buffalo, New York, / killing all 49 people on board and one person on

the ground. ㉒An investigation determined that the crash was most likely a result of fatigue. ㉓

The copilot, and probably the pilot, had slept very little the day before the crash. ㉔Not surprisingly,

sleep deprivation is linked to car accidents, too. ㉕The U.S. Institute of Medicine reports / that

almost 20 percent of car accidents happen because drivers are sleepy.㉖Sleep deprivation can be

a particularly grave problem in the medical profession. ㉗In 2007, Czeisler researched the habits

of 2700 first year medical residents. ㉘Most of these residents worked for extremely

long periods, some working 30-hour-long shifts twice a week. ㉙Many admitted / that

fatigue had had severe consequences on their performance and treatment of patients. ㉚Twenty

percent of residents acknowledged making fatigue-related mistakes that led to injury of patient.

㉛Five percent confessed / that lack of sleep caused them to make a mistake that resulted in a

patient's death. ㉜We all know that we need sleep, / but sleep deprivation continues to be a

widespread problem around the world. ㉝Studies show / that one in five adults suffer from daytime

sleepiness. ⑯Among those aged 18 to 34, /50 percent say that daytime sleepiness interferes with
their daily work. ⑰To many, the ability to function without much sleep is something to brag about.
⑱However, sleep is crucial to our well-being and our performance. ⑲It may be time to wake up
and change our perspective on sleep.

◆早稲高3英語◆英文法対策～文法確認～



問1 次の空欄にもっとも適切な語句を、ア～エの中から選びなさい。

1. Your bicycle needs () because it is completely broken.
ア to repair イ to be repairing ウ being repaired エ repairing

2. Bad weather () me from arriving at the office in time.
ア made イ compelled ウ checked エ prevented

3. She recommended that her student () to Cambodia next week.
ア went イ go ウ will go エ goes

4. He could not () to send all his children to college.
ア allow イ permit ウ afford エ approve

5. As () as I know, Singapore is one of the smallest countries in the world.
ア well イ possible ウ long エ far

6. () you are fifty, the world will have greatly changed.
ア Until イ Since ウ By the time エ While

7. Don't touch my cellphone; leave it () it is.
ア when イ if ウ as エ

問2 次の各文で誤った箇所をア～エの中で選び、正しく書きなさい。語数は同じになるとは限らない。なお、間違いない場合にはオと書きなさい。

1. ア) Neither イ) my friend ウ) nor エ) plays tennis.
(記号) _____ → (正解) _____

2. I got up ア) early イ) so as ウ) that エ) could catch the first train.
(記号) _____ → (正解) _____

3. She ア) left home and イ) went to London, ウ) hoping エ) to marry with her boyfriend.
(記号) _____ → (正解) _____

4. ア) During this period, the foundation イ) was ウ) laid for many Japanese エ) traditions.
(記号) _____ → (正解) _____

問4 次の日本語を参考に並び替えて英文を作りなさい。

1. あなたは兄さんに、私を来るまで家まで送ってもらえると思いますか。
(do / have / you / I / me / home / can / your brother / think / drive).

2. 映画が始まったとたん、みんなが話すのをやめた。
(the movie begun / everyone / than/ talking / No sooner / had / stopped).