

## 高三英语第二十四期·选词填空自测

注意：限时 8 分钟

### Section B

**Directions:** Complete the following passage by using the words in the box. Each word can only be used once. Note that there is one word more than you need.

A. consistent	B. habitually	C. patterns	D. damage	E. significantly
F. claim	G. caught	H. lessen	I. intense	J. constant
K. shifts				

Can enjoying late nights and lazy lie-ins (赖床) at the weekends really kill you? That was the alarming \_\_1\_\_ made recently by U.S. researchers, who say the habit can raise our risk of dying from heart disease by 11 per cent.

The danger lies in what sleep scientists at the University of Arizona in Tucson, in the U.S., call ‘social jet lag’ — where changing our sleep \_\_2\_\_ at the weekend knocks our bodies and brains out of balance.

Sierra Forbush, a research assistant at the university’s Sleep and Health Research Program, says changing your sleeping habits at the weekend can do great \_\_3\_\_ to your biological clock.

The survey of 984 adults, published in the journal Sleep, found a link between people who \_\_4\_\_ went to bed and rose late on weekends and an increased rate of cardiovascular(心血管的) disease and fatigue — although it’s not clear why.

Other studies have found links between lie-ins and other physical and mental problems. In 2015, a study of 225 volunteers by health psychologist Dr Patricia Wong at the University of Pittsburgh, in the U.S., warned that significant \_\_5\_\_ in sleep routines between workdays and weekends are likely to raise the risk of diabetes.

Lie-ins may also \_\_6\_\_ your ability to think. A study in April by Dr Michael Scullin, director of the Sleep Neuroscience and Cognition Laboratory at Baylor University in Texas, tested 28 students and found that when they \_\_7\_\_ up on lost weekday sleep with long lie-ins, they performed \_\_8\_\_ worse in tests of attention and creativity.

Dr Scullin in the Journal of Interior Design concluded, “\_\_9\_\_ habits are at least as important for our cognitive abilities as total length of sleep. Irregular sleep is a negative for the \_\_10\_\_ focus needed for planning, making decisions and correcting errors.”

答案由高三英语第二十五期提供(每周一期)

高三英语第二十三期语法填空答案:

1. itself    2. was described    3. longer    4. preventing    5. that/which  
6. a    7. served    8. at    9. Although/Though/While    10. as

如果本套试题有不会的题目，请于每周五，周六，周日下午 16:00----17:00 来吉地教育五角场校区，一线教师，**免费**为你一对一答疑！