準1級「要約|問題 2

- Instructions: Read the article below and summarize it in your own words as far as possible in English.
- Suggested length 60-70 words.
- Write your summary in the space provided on your answer sheet. Any writing outside the space will not be graded.

These days, the number of people experiencing sleep problems seems like it is growing. People trying to get a full night's sleep are waking up in the middle of the night feeling drowsy and unsatisfied and when they desperately attempt to fall back to sleep they find that they're unable to. Concerned about why they aren't getting what is considered 'normal' sleep, they turn to doctors for a resolution to their issue.

It is widely believed that getting around 8 hours of uninterrupted sleep is what is needed for a healthy adult, so when people don't achieve this goal they decide that medical assistance is the answer. So they will consult their doctor and because doctors want what is best for their patient, they generally prescribe some kind of medication to help the patient with their insomnia. But is medication really the answer?

According to studies, the belief that we need an extended period of sleep at night is a relatively modern development. In the past, healthy adults would find two shorter periods to be sufficient and in between they would use the time for talking, working and even eating. So, perhaps we should be less concerned about getting that one long sleep, and actually trust our ancestors and be content with breaking it up into two shorter periods.

解答欄