



Sleepy? Blame your parents!

总发困? 怨父母!

早起的鸟儿才有虫吃? 天生是夜猫子怎么办? 不要抱怨白天不懂夜的黑, 你们“时间类型”不同而已。了解自己的“时间类型”才能高效利用时间, 快来看看你属于哪种“时间类型”。

词汇加油站

burn the midnight oil

leap out of (sth)

alarm clock

on time

the wee small hours

turn in

mutation /mju:'teɪʃən/

bodily function

reset /,ri:'set/

24/7 /,tweɪnti,fɔ: 'sevən/

sleeping pattern

fit in with (sth)

work shift

熬夜, 开夜车

从……中跃出

闹钟

准时

凌晨时分

上床睡觉

变异

人体生理功能

重新设置

每时每刻

睡眠模式

适合(……)

工作时段



Whether you prefer **burning the midnight oil** or going to bed early so you can get up at the crack of dawn depends on your genes, according to experts.¹

I **leap out of bed** each morning, keen to start an active day. But I can hear my neighbour's **alarm clock** ringing² non-stop every morning and I doubt he gets to work **on time**³.

A lot of noise comes from his flat in the evening. He's happy to stay up watching telly till **the wee small hours**, while I **turn in**⁴ early and try to sleep.

But, it might not be his fault after all. Neurogeneticist Dr Louis Ptacek of University of California would say that I'm "a lark"⁵ and my neighbour is "an owl"⁶. Families of "extreme owls", with Familial Delayed Sleep Phase syndrome, were found to have a different **mutation** in the same genes.

We all have internal "clocks" located in the part of the brain which controls all kinds of **bodily functions** and it is **reset** every day by light. These internal clocks run to a different schedule in "larks" and "owls". If you have a fast clock, you like to do things early, and if you have a slow clock, you like to do things late.

Because we live in a **24/7** world, scientists believe it's important to understand a person's "chronotype" — the time of the day when they function the best. It could help us lead a healthier life.

Prof Till Roenneberg of Ludwig-Maximilians University in Munich has studied **sleeping patterns** and thinks work times should be changed and made more individual to **fit in with** our chronotypes.

And he has advice for those who can't choose their **work shifts**: "If that's not possible, we should be more strategic about light exposure", says Prof





Roenneberg. “You should try to go to work not in a covered vehicle but on a bike. The minute the sun sets we should use things that have no blue light, like computer screens and other electronic devices.”

So what about you? Are you “a lark” or “an owl”?

菁华一点通

1. 本句的主语是 Whether you prefer burning the midnight oil or going to bed early so you can get up at the crack of dawn, depend 是谓语动词。主语部分又包含一个 so 引导的结果状语从句。
2. hear my neighbour's alarm clock ringing 体现了 hear 的用法。hear 常用于 hear sb/sth doing sth 结构, 表示“听见……(正在进行或发生)”。
3. on time 是固定表达, 表示“按时”。其他类似的短语有: in time (及时), in no time (立刻, 马上), at times (有时, 偶尔), at the time (当时) 等。
4. turn in 是固定表达, 在这里表示“上床睡觉”。此外, turn in 还有其他含义: turn sth in 表示“上交(某物)”, turn in sth 表示“产生(利润、结果等)”, turn sb in 表示“告发某人”, 要根据具体语境分析 turn in 的含义。
5. lark (百灵鸟, 云雀), 与 skylark 同义。英国著名浪漫主义诗人雪莱在《致云雀》一诗中热情地赞颂了云雀。在诗人笔下, 云雀是欢乐、光明、美丽的象征。
6. owl (猫头鹰) 为夜行动物, 所以常用 owl 比喻“夜猫子”。在不同的文化中, 猫头鹰有不同的象征含义。在古希腊神话中, 猫头鹰是智慧女神雅典娜的爱鸟。因此, 古希腊人对猫头鹰非常崇拜, 认为它是智慧的象征。在《哈利·波特》中, 猫头鹰是魔法师的信使, 深受大家的喜爱。

