

問 8 次の英文を読んで、あとの(ア)～(ウ)の問いに答えなさい。

Makoto, Yuki, and Risa are high school students. They are talking in the classroom after school. When they are talking, Mr. Green, their English teacher from Canada, comes and talks to them.

Mr. Green: Hello, everyone. How was the test last week?

Makoto: This time, I did very well.

Mr. Green: I'm glad to hear that.

Yuki: Did you do anything special for this time?

Makoto: Well, I changed my *lifestyle.

Mr. Green: What do you mean?

Makoto: I'm studying hard to *pass the *entrance examination of the *college I have wanted to go to. But the *result of the test was not so good before. This time I studied as long as *usual, but I went to bed earlier than usual and slept longer.

Yuki: How did you do that?

Makoto: You know I like playing games very much. When I start playing, I often forget time and play too long until late at night. It's hard for me to give up playing it, so I decided to play it only for thirty minutes after studying and go to bed early.

Yuki: What changed after you started to sleep longer?

Makoto: I think I can *concentrate on class better. So, .

Mr. Green: That's great. Going to bed earlier to sleep enough is necessary for good *performance, but it is very hard for many students to do it. There are many things we can do even late at night. For example, we can use the Internet or send e-mails all day. In a *society like this, our sleeping time becomes shorter. This lifestyle sometimes *causes us some problems.

Risa: I understand sleeping enough is important. Before tests, I study hard until late at night, but I can't always get good result and I sometimes feel sad.

Mr. Green: When we don't sleep enough, our *brain doesn't work well.

Makoto: I heard having enough sleep is as important as eating well or *exercising.

Mr. Green: That's right. By the way, why did you decide to change your lifestyle? Did anyone tell you to do so?

Makoto: No. One day I found a website that tells us about sleeping. Then, I learned that without sleeping well, I couldn't work well.

Yuki: Oh, I want to see the website. Let's go to the computer room and see it.

They went to the computer room to use the Internet. Makoto showed Mr. Green, Yuki, and Risa the website.

Makoto: This is the website I found. *At the beginning, it says that our *bodies and brains get tired after working during the day, so we have to sleep at night to start another

day.

Risa: My mother often says I have to get up early to have breakfast, but when I go to bed late, I can't get up early and sometimes I go to school without having breakfast.

Mr. Green: That's one of the reasons you couldn't do well at tests, Risa.

Risa: Yes. I will try to go to bed early and get up early.

Mr. Green: Good. What are you reading, Yuki?

Yuki: Look. There is more *articles about sleeping. Have you read them yet, Makoto?

Makoto: Yes. On the website, there is an article that tells what happens to us while we are sleeping.

Yuki: It says that the things we remember while we are working *are ordered while we are sleeping. Without having enough sleep, it's hard for us to *memorize things *correctly.

Makoto: That's right. Here is another article. (1) This table shows how many hours we should sleep every night. *According to the table, children who are three to five years old need to sleep ten to thirteen hours and six to thirteen years old need to sleep nine to eleven hours.

Risa: How about high school students?

Makoto: Students who are fourteen to seventeen years old should sleep eight to ten hours. People who are eighteen to twenty-five and twenty-six to sixty-four need to sleep the same hours.

Mr. Green: Do you sleep enough?

Yuki: I usually go to bed at ten thirty and get up at six thirty, but when I have a lot of homework, I go to bed later. Then, I sleep shorter than I need to.

Risa: Me, too. We have to make our lifestyle better.

Mr. Green: How many hours do you sleep every day, Makoto?

Makoto: Eight or Nine hours. I go to bed at ten and get up at six or seven o'clock. When I have a lot of homework, I get up at six and do it before breakfast.

Mr. Green: That's a good idea. After enough sleep, your brain works well.

Yuki: I will do that, too, Makoto. By the way, what happens to people who don't sleep enough?

Makoto: The website has the article about that problem, too. It says that some of those people sometimes get sick and have to stay in the hospital.

Risa: Stay in the hospital! I've never thought sleeping for a short time is such a big problem.

Mr. Green: The problem is " *sleep debt."

Yuki: Oh, if you have a lot of debts, it's hard to *clear them.

Mr. Green: That's right. So, having enough sleep each day is important.

Makoto: I really think so. After I change my lifestyle, I enjoy studying and playing sports more than before. I don't feel much *stress, either. I hope you will have the same

experience, Yuki, Risa.

Mr. Green: I hope so, too. Makoto, I want you to make a speech about your experience in my class next month.

Makoto: OK. Mr. Green, could you help me to write my speech?

Mr. Green: Sure. I will.

Yuki: Sleep well and write a good speech, Makoto!

Risa: *I'm looking forward to listening to your speech.

*lifestyle: 生活習慣 pass ~: ~に合格する entrance examination: 入学試験
college: 大学 result: 結果 usual: いつも concentrate on ~: ~に集中する
performance: 成績 society: 社会 causes ~...: ~に...を引き起こす brain: 脳
exercising: 運動 At the beginning: 最初に bodies: 体 articles: 記事
are ordered: 整理される memorize ~: ~を記憶する correctly: 正確に
According to ~: ~によると sleep debt: 睡眠負債 clear ~: ~を清算する
stress: ストレス I'm looking forward to ~ing: ~することを楽しみにしている

(ア) 本文中の の中に入れるのに最も適するものを、次の 1 ~ 4 の中から一つ選び、その番号を答えなさい。

1. I need more time to think and answer the questions than before
2. I understand well, and I can answer the questions faster than before
3. I can't sleep longer at night than before
4. I learned that I must not sleep too long before tests

- (イ) 本文中の——下線部(イ)を表したものととして最も適するものを、次の1～6の中から一つ選び、その番号を答えなさい。

1.

年齢	必要睡眠時間
1～2歳	11～14時間
3～5歳	10～13時間
6～13歳	9～12時間
14～17歳	9～10時間
18～25歳	7～9時間
26～64歳	7～9時間
65歳～	7～8時間

2.

年齢	必要睡眠時間
1～2歳	12～15時間
3～5歳	10～13時間
6～13歳	9～12時間
14～17歳	9～10時間
18～25歳	7～9時間
26～64歳	7～8時間
65歳～	7～8時間

3.

年齢	必要睡眠時間
1～2歳	12～15時間
3～5歳	10～13時間
6～13歳	9～11時間
14～17歳	9～10時間
18～25歳	7～9時間
26～64歳	7～8時間
65歳～	7～8時間

4.

年齢	必要睡眠時間
1～2歳	12～15時間
3～5歳	10～13時間
6～13歳	9～11時間
14～17歳	8～10時間
18～25歳	7～9時間
26～64歳	7～9時間
65歳～	7～8時間

5.

年齢	必要睡眠時間
1～2歳	12～15時間
3～5歳	10～13時間
6～13歳	9～11時間
14～17歳	8～10時間
18～25歳	8～10時間
26～64歳	7～9時間
65歳～	7～8時間

6.

年齢	必要睡眠時間
1～2歳	12～15時間
3～5歳	10～13時間
6～13歳	9～11時間
14～17歳	8～10時間
18～25歳	7～9時間
26～64歳	7～8時間
65歳～	7～8時間

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- (ウ) 次の a～f の中から、本文の内容に合うものを二つ選んだときの組み合わせとして最も適するものを、あとの 1～8 の中から一つ選び、その番号を答えなさい。

- Before changing his lifestyle, Makoto didn't study hard because he wanted to sleep for a long time.
- Makoto wanted to do well at the test so he decided to give up playing any games.
- Yuki and Risa didn't think Makoto's lifestyle is good because he should study harder before tests.
- When Makoto has to study longer, he gets up one hour earlier and studies in the morning.
- Risa won't change her lifestyle because she doesn't think sleeping for short time is not a big problem for her.
- Makoto is going to talk about sleeping time in Mr. Green's class, so he asked Mr. Green to help him with writing about it.

1. a と c

2. b と d

3. c と e

4. b と f

5. a と d

6. b と e

7. c と d

8. d と f