

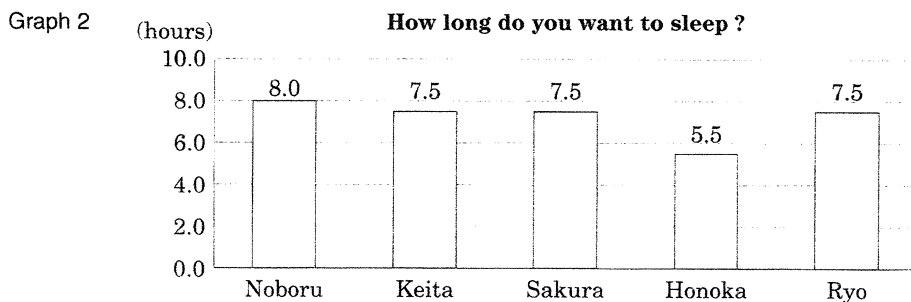
問6 次の英文は、中学生のハナ(Hana)が英語の授業でクラスの生徒に向けて行った発表の原稿です。
英文を読んで、あとの(ア)～(ウ)の問いに答えなさい。

Hi, I'm Hana. Do you sleep *enough every night? I usually sleep for seven hours, but sometimes I sleep *less. For example, I study until late at night for several days before tests, so then I sleep for only five or six hours. But when I was studying on the night before the last test, my mother said, "You are a good girl. Studying hard is very important. But sleeping enough is as important as studying. You should go to bed now." I didn't listen to her, and continued studying. However, I learned that my mother was right. I got very sleepy during the test and couldn't do well. I was very sad. I became interested in *sleep then, so I studied about it.

First, I asked five students in my class about their sleep time. Look at *Graph 1.

Three of the five students usually sleep less than I. Honoka sleeps the *least. I thought less sleep was bad for the *health, but she said, "I feel fine every day. I feel worse after sleeping longer." I found some interesting things about the best sleep time on the Internet. (①) They also say that the best sleep time for *15-year-olds is about eight hours. This means four of the five students don't sleep enough. But others say that the best sleep time is different *from person to person.

Then I asked the five students another question. Graph 2 shows their answers to the question.



Three students want to sleep longer *than usual. (②) Most of us have to get up at about seven to get to school *in time. *Why don't we go to bed early? Sakura said, "Because I usually watch TV or use the Internet." I understand that. TV and the Internet are a lot of fun. (③) I've heard we shouldn't do those things just before going to bed. Why? Because we won't have a good sleep. On the Internet, some people say that *keeping regular hours is needed for a good sleep. We shouldn't *stay up too late on weekends or before tests, either.

Look at Graph 1 again. Noboru says he goes to bed at 9:30 and gets up at 5:30. He runs before breakfast every morning. Wow, maybe he is the best *sleeper in my class.

* enough : 十分に less : little (少なく, 少ない) の比較級 sleep : 睡眠 Graph : グラフ

least : little の最上級 health : 健康 15-year-olds : 15歳の人

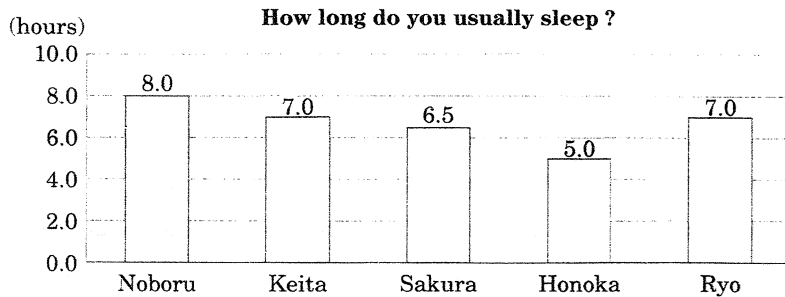
from person to person : 人によって than usual : ふだんより in time : 間に合って

Why don't we ~? : どうして私たちは～しないのでしょうか。

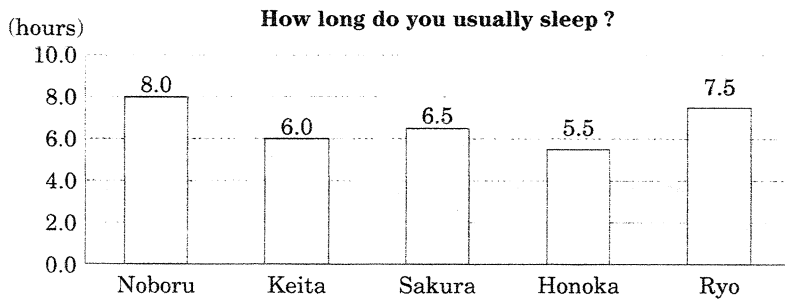
keep regular hours : 規則正しく過ごす stay up : (寝ないで) 起きている sleeper : 眠る人

(ア) 本文中の——線部を表したものとして最も適するものを、次の1～4の中から一つ選び、その番号を答えなさい。

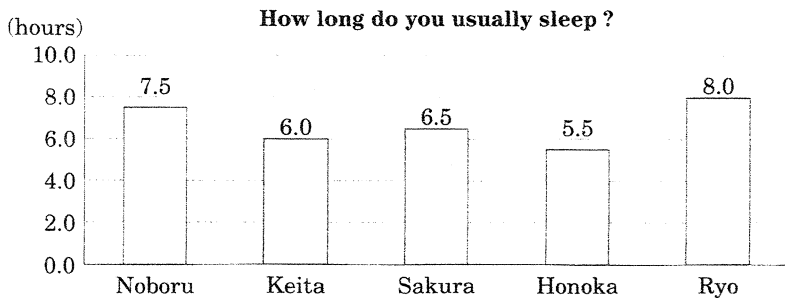
1. Graph 1



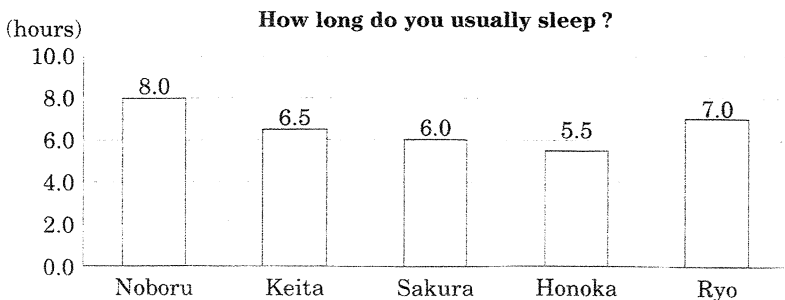
2. Graph 1



3. Graph 1



4. Graph 1



(イ) 本文中の(①)～(③)の中に、次のA～Cを意味が通るように入れるとき、その組み合わせとして最も適するものを、あとの1～6の中から一つ選び、その番号を答えなさい。

- A. When we start doing those things, we can't easily stop.
- B. Some people say that a long sleep is not good in some cases.
- C. We need to go to bed earlier to sleep longer because we can't be late for school the next morning.

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| 1. ①—A ②—B ③—C | 2. ①—A ②—C ③—B | 3. ①—B ②—A ③—C |
| 4. ①—B ②—C ③—A | 5. ①—C ②—A ③—B | 6. ①—C ②—B ③—A |

(ウ) 次のa～fの中から、ハナの発表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。

- a. Hana sometimes sleeps for only five or six hours on several nights before she has tests.
- b. Hana was sad because she went to bed early on the night before the last test and didn't do well on it.
- c. Honoka usually sleeps very little and thinks that she should sleep longer for her health.
- d. Graph 2 shows that three of the five students want to sleep for more than seven hours.
- e. Hana thinks most of the students should go to bed before ten to sleep for about eight hours.
- f. Hana likes watching TV and using the Internet, but she thinks doing those things just before going to bed is bad for a good sleep.

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|----------|----------|----------|----------|
| 1. a と c | 2. a と e | 3. a と f | 4. b と d |
| 5. b と e | 6. c と e | 7. c と f | 8. d と f |