

No sleep at the top 据说领袖们不用睡觉

Vocabulary: lack of sleep 词汇: 缺觉

Do you need a lot of sleep? Some famous leaders are thought to have spent little time **in the land of Nod** so keen they were on their high-powered jobs.

The late Margaret Thatcher earned a reputation for getting by on four hours a night. **Tirelessness** became part of the former British PM's **mystique** and her officials had **to keep up with** her. They could find themselves working on a speech until **the small hours of the morning**.



Winston Churchill used to sleep four hours a night during the war

Another British head of government, Winston Churchill, survived on four hours a night during the Second World War. But as the BBC reporter Tom de Castella points out, what is less often noted is that he had regular afternoon **naps** in his **pyjamas**.

Napoleon Bonaparte was not a man **to sleep on the job**. When asked how many hours of sleep he needed, the famous French general is said to have replied: "Six for a man, seven for a woman, eight for a fool."

How about ordinary people? Should we try **to stifle our yawns** and embrace **insomnia**?

If you want to impress colleagues in the world of business it's certainly something **to strive for**. High-profile chief executives from Marissa Mayer at Yahoo! to Pepsi's Indra Nooyi get by on four hours a night, while Donald Trump claims to survive on three.

Geraint Anderson, author of *City Boy*, who worked as an analyst and stockbroker for 12 years, says: "There was a real macho competition in the City about sleep. One of the ways of getting respect was **bragging about** how little you got".

Experts say that there's nothing wrong with the habit of **burning the midnight oil**. The only rule is to sleep long enough **to feel refreshed** when you wake up.

Prof James Horne, at Loughborough's sleep research centre, says that **mood** is critical. Soldiers **high on adrenalin** can **function** on little sleep: "If you're **despondent**, you tend to sleep more; if you're excited you need less".

Some artists think that **sleep deprivation** can make them more creative but it might be worth carrying a pillow around. Keith Richards, the Rolling Stones guitarist, once stayed awake for nine days. When **fatigue** got the better of him, he collapsed and broke his nose.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Who was supposed to need only four hours of sleep a night?
2. What was Napoleon Bonaparte said to think of people who slept eight hours a night?
3. Is this statement true or false? *Scientists say that people need to sleep eight hours a night to survive.*
4. What expression means 'boasting about' something?
5. Which expression means 'lack of sleep'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. John was keen to do well in his exams. He studied till the _____ hours of the morning.

little	small	cheap	low
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2. I haven't been sleeping much in the last few days. I feel tired. I think I might take _____ before going to the party later on.

fatigue	insomnia	a nap	pyjamas
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3. We've got a lot of work to do today. If you are helping, you'd better keep _____ with me.

up	out	off	in
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4. If you want to succeed in business you've got to be ready to _____ the midnight oil.

drink	cook	burn	mix
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5. The meeting was very boring. I could hardly stifle my _____. All I wanted to do was to go to sleep.

yawns	pyjamas	insomnia	fatigue
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Who was supposed to need only four hours of sleep a night? **British PMs Margaret Thatcher and Winston Churchill, chief executives Marissa Mayer of Yahoo!, and Indra Nooyi of Pepsi.**
2. What was Napoleon Bonaparte said to think of people who slept eight hours a night? **That they were fools.**
3. Is this statement true or false? *Scientists say that people need to sleep eight hours a night to survive.* **False. According to the article, some experts say that people can sleep as much as they want, as long as they feel refreshed when they wake up.**
4. What expression means 'boasting about' something? **Bragging about**
5. Which expression means 'lack of sleep'? **Sleep deprivation**

Exercise 练习

1. John was keen to do well on his exams. He studied till the **small** hours of the morning.
2. I haven't been sleeping much in the last few days. I feel tired. I think I might take a **nap** before going to the party later on.
3. We've got a lot of work to do today. If you are helping you'd better keep **up** with me.
4. If you want to succeed in business you've got to be ready to **burn** the midnight oil.
5. The meeting was very boring. I could hardly stifle my **yawns**. All I wanted to do was to go to sleep.

Glossary 词汇表

the land of Nod	梦乡
tirelessness	不知疲倦的
mystique	神秘感
to keep up with	跟上, 赶上
the small hours of the morning	凌晨
a nap	小睡, 打盹
pyjamas	睡衣
to sleep on the job	上班时间睡觉
to stifle a yawn	忍住哈欠
insomnia	失眠
to strive for	争取, 力求
to brag about	吹嘘, 炫耀
to burn the midnight oil	熬夜, 开夜车
to feel refreshed	感到精神焕发、神清气爽
mood	情绪
high on adrenalin	大量分泌肾上腺素
to function	(可正常) 工作
despondent	沮丧的, 意志消沉的
sleep deprivation	睡眠不足
fatigue	疲劳