



Andrew

Cover Feature

Challenge

Sleep disorder

If you find it **difficult** to sleep well every day, then you might have a sleep **disorder**. There are two forms of sleep disorder: either you sleep too much or you are not having enough sleep. People who can't sleep much have a condition called **insomnia**.

Oversleeping

Studies have shown that people with oversleeping disorder have a 50 percent greater **risk** of **diabetes** than people who sleep seven to nine hours a day. The reason for this is unknown. Oversleeping may also leads to heart disease and depression.

Under sleeping

People who sleep below seven hours a day are under sleepers. For those who do not have enough sleep, they cannot **perform** well during the day. Their brains are not ready for the day. They do not have enough sleep to heal and repair their body. They cannot concentrate or focus on what they are doing during the day.



Big Dee and Stevie are both wrong again! Big Dee is sleeping too much. He is such a lazy boy! Stevie is sleeping too little and is not doing well in class. They should only be sleeping seven to nine hours a day, nothing more and nothing less!

Quiz

- How many hours of sleep is the best?
A. 12 hours
B. 8 hours
C. 5 hours
- What has Big Dee done wrong?
A. sleeping too little
B. sleeping too much
C. not sleeping well
- What has Stevie done wrong?
A. sleeping too little
B. sleeping too much
C. not sleeping well



Answer: 1. B; 2. B; 3. A.



Vocabulary

difficult (adj) 困難的
disorder (adj) 混亂

insomnia (n) 失眠症
risk (n) 風險

diabetes (n) 糖尿病
perform (v) 執行