**8年级英语第32课时**

**《开启健康生活之旅—为你的健康来一份“私人定制”》拓展资源**

**Early to bed, early to rise makes a man healthy and wealthy**

People say, “The early bird catches the worm.” It means people who wake up early do many things. US politician Benjamin Franklin said, “Early to bed, early to rise makes a man healthy, wealthy, and wise”. These sayings may be true. Scientists in the UK found that people who go to bed before 11 pm may do better in life. They added that people who sleep and wake up early (early birds) have an advantage over people who sleep and wake up late (night owls). They found differences in the brain function (功能) of early birds and night owls.

The scientists tested 38 people. The people answered questionnaires(问卷) about their sleep and when they felt tired. They were then put into an early bird or night owl group. All of the people had MRI(磁共振成像) brain scans and did test throughout the day. The early birds said they felt less sleepy. They did the tests quicker than the night owls. There were big differences between the two groups. The researchers said night owls have to get up early for school and work. They are always fighting against wanting to sleep late and their natural rhythm(节奏).

There are many ways to help improve your health like eating healthy food. Taking exercise and getting medical help. But the easiest and cheapest way to improve your health is just to sleep eight hours or more every night. The general sleeping rule is that the younger you are, the longer sleep you need. But regardless of(不管)age, some people need to sleep more while for some a few hours is enough.

The problem with sleep is that more and more people in the world are not sleeping enough. According to the World Health Organization over half the people in the world may be sleep-deprived. Having less sleep not only makes people feel tired but also causes accidents. In the United States alone, sleepy drivers cause at least 100,000 traffic accidents a year. Also sleep problems can cause medical problems such as high blood pressure(血压).

( )1. What does the sentence “The early bird catches the worm” mean?

1. People who wake up early do many things.
2. To get more food, birds must get up early.
3. To see more birds, you shouldn’t get up early.
4. It’s good for people to protect all kinds of birds.

( )2. What does the first paragraph mainly tell us?

1. Benjamin Franklin was a US politician.
2. It’s good for our health to sleep and wake up early.
3. It tells us the US politician Benjamin Franklin and his saying.
4. It tells us the differences in the brain function of early birds and night owls.

( )3. Which of the following is NOT true according to the passage？

1. The early birds feel less sleepy.
2. We should get up earlier and earlier
3. The early birds did the tests very quickly.
4. Night owls refer to the people that stay up late.

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