

英語

(80分)

I 次の英文を読んで、あとの設問に答えなさい。

Ask parents of teenagers in the U.S.A. what they're worried about, and among the issues they're likely to bring up is their teens not getting enough sleep. So many teens stay up past midnight and get up early, especially when their school starts, in some cases, well before 8:00 a.m. A new study, released in 2016, finds that that pattern is not only dangerous — it could be deadly.

The study by the Centers for Disease Control and Prevention (CDC) found that teens who get less than seven hours of sleep on school nights were more likely to engage in risky behaviors — such as emailing and driving, drinking and driving, riding with a driver who was drinking, and failing to wear a seat belt in a car or a helmet while on a bicycle — than teens who sleep nine hours a night. “It was rather surprising to find such an effect of short sleep time on these injury-related behaviors, which suggests that sleep loss may play an important role in poor judgment and decision-making among teenagers,” said Janet Croft, chief of the disease control branch of the Centers for Disease Control and Prevention and one of the co-authors of the study.

This current CDC report, which analyzed responses to questions from more than 50,000 high school students in 2009, 2011, and 2013, is just the latest research to document how worrying a lack of sleep for teens can be. Back in 2011, the CDC found that insufficient sleep for teens, which was described as less than eight hours on average a night, was associated with not getting enough exercise, feeling sad or hopeless, and seriously considering suicide. Almost 70% of teens were not getting enough sleep, the CDC found. Doctors

around the country grew so concerned about the effect of a lack of sleep on teens, including the connection with weight gain, depression and traffic accidents, that the American Academy of Child Medicine issued a policy statement in 2014 recommending that schools start no earlier than 8:30 a.m. so that teens can get the recommended 8.5 to 9.5 hours of sleep a night. But last year, in 2015, researchers from the CDC and the U.S. Department of Education found that, based on data from the 2011-2012 school year, only 18% of the schools studied started classes at the recommended time of 8:30 a.m. or later, while more than 80% started earlier. Students in Louisiana were found to go to school the earliest with an average start time of 7:40 a.m.

Think about this: If you have to be at school at 7:40 a.m., and you have a 30-minute travel time and need at least 30 minutes to have breakfast, shower and get out the door, you must be up at 6:40 a.m. at the latest. If you want to get the recommended 8.5 to 9.5 hours of sleep, you need to be in bed between 9:10 p.m. and 10:10 p.m. Do you know any teens who go to bed that early?

The real issue at this point is that our society does not respect sleep. "We have adults that boast about how, 'We can get by with five hours of sleep,' 'We can drink strong coffee and carry on,' 'Sleep is for babies,' 'I'll get enough sleep when I'm dead,'" said Maribel Ibrahim of Start School Later, a nonprofit organization (NPO) focused on increasing public awareness about the relationship between sleep and school hours. "These are the statements that are very worrying, because sleep really is an essential third component of health, along with a good diet and sufficient regular exercise."

For too many years, I've gotten too little sleep. From 4:00 a.m. wake-up calls during my days as a reporter covering the White House, to sleeping just three hours when I had my daughters, to early wake-ups even now, I still don't regularly get enough sleep — but I see the difference when I do. I'm fresher, quicker, and all-around better at my job and as a parent when I get more sleep, and that is the case with teens, too.

A study by the University of Minnesota of more than 9,000 students in eight public high schools from three states found that schools with start times of 8:30 a.m. or later report improved academic performance in core areas such as math, English, science and social studies, better scores on state and national achievement tests, improved attendance, and a reduction in the number of times students were late for school. Influenced by these findings, Rock Bridge High School in Columbia, Missouri, moved up the start time for the school day from 7:50 a.m. to 8:55 a.m. at the beginning of the 2013-2014 school year. "The school has not yet done any scientific study on the effect of the later start time," said Jennifer Rukstad, the school's principal. "There was just lots and lots of complaining about the effect of the later start to the school day on the life of the family. But then if you asked the parents what kind of effect it had on their children's emotional and personal health, everyone said that they're much easier to get along with," Rukstad explained. "A teenager is going to go to bed when they go to bed, no matter what time they are supposed to get up, so if they're going to stay up until midnight, they're going to stay up until midnight whether school starts at 7:50 a.m. or 8:55 a.m. So they are, in general, getting a little more sleep than they were before, because they don't have to get up as early," she said. "But I have no data that says that actual school academic performance has gone up, or that we've dropped depression rates. We just don't have any firm evidence for that."

The experience at Rock Bridge also points to the challenges of introducing later start times at every school around the country. The school day at Rock Bridge ends at 4:05 p.m., which affects teams that need to travel for games and after-school clubs. Rukstad said, "After-school clubs are not nearly as popular as before-school clubs. People generally love the start time, but hate the end time. It's possible that at some point in the next few years, based on financial pressures, transportation needs, and teaching demands in the district, the school time at Rock Bridge might move back to a slightly earlier time, but not

as early as 7:50 a.m.”

Maribel Ibrahim of Start School Later said more schools are moving in the direction of starting later. When her group was formed in 2011, schools in a total of 23 states attempted to begin the school day at a later time. “Today, schools in 44 states have made the move,” she said. “So it is becoming a topic of conversation. People are talking about it more and more, and right now we have school districts that have done it,” she said. “Just this week, the state of Maryland passed legislation which will recognize schools that are making progress toward healthy hours,” said Ibrahim.

What can a parent do? Researchers at the CDC say parents can encourage their children to practice good sleep habits, such as setting a regular bedtime and wake-up time, including on weekends, and limiting the use of devices such as computers, video games, and cell phones in the bedroom after a certain hour.

“Parents may benefit themselves and their children by setting a good example,” said Anne Wheaton, a doctor with the Centers for Disease Control and Prevention and a co-author of the new study. “Teenage sleep habits tend to reflect their parents’ sleep habits.” The greatest thing parents can do to help their teens get more sleep, according to Maribel Ibrahim of Start School Later, is to get educated on the issue of school start times. “Ironically, even school districts that have attempted to begin later school start times have received criticism from the parents, but the school districts are not the problem necessarily. Really the enemy is ignorance,” said Ibrahim. “The enemy is thinking, ‘Oh this isn’t that important. Just turn off your devices at night and stop emailing and all will be well.’ That would be great if kids could get up at 7:30 a.m. in the morning, but it’s not great when they still have to get up at 5:00 a.m.”

It will be years before my daughters, aged 8 and 10 years old, begin high school. But after going through the research, hearing the benefits of later

school start times, and knowing how difficult it is to get a teenager to go to bed early despite a parent's best intentions, I'm hoping by the time they get there, later start times will be normal in high schools. "In the future we'll say, 'Oh really, they used to start school at what time?'" joked Ibrahim.

設問 以下の1～10の説明文の下線部に入れるのもっとも適切なものを、それぞれ①～④の中から1つ選んで解答欄に記入しなさい。

1. A study by the Centers for Disease Control and Prevention (CDC) found that many of the dangerous behaviors caused by lack of sleep among teenagers affected _____.
 - ① sports-related activities
 - ② drug-related habits
 - ③ driving and car safety
 - ④ gambling activities

2. The data on which the latest CDC report on the effects of lack of sleep on teenagers' behavior is based was collected from _____.
 - ① hospital staff
 - ② school teachers
 - ③ parents
 - ④ teenage students

3. In 2011, the CDC found that _____ of students were not getting the recommended amount of sleep.
 - ① less than 70%
 - ② more than 80%
 - ③ exactly 40%
 - ④ more than 70%

4. The American Academy of Child Medicine issued a policy statement that schools should start no earlier than 8:30 a.m. in _____.
- ① 2009
 - ② 2011
 - ③ 2013
 - ④ 2014
5. Commenting on the relationship between sleep and school hours, Maribel Ibrahim thinks that _____.
- ① 5 hours of sleep is enough
 - ② it is worrying that society does not respect sleep
 - ③ 10 p.m. is too early for teenagers to go to sleep
 - ④ sleep is not as important to health as a good diet and exercise
6. A study by the University of Minnesota did not find that starting school after 8:30 a.m. _____.
- ① raised student scores on achievement tests
 - ② improved attendance
 - ③ reduced the number of times students were late for class
 - ④ improved student health
7. At Rock Bridge High School, Jennifer Rukstad found that a later start to the school day _____.
- ① improved student academic performance
 - ② led to a fall in the number of overweight students
 - ③ led to a lot of complaints from parents
 - ④ caused students to go to bed later

8. Since her group was formed in 2011, Maribel Ibrahim says there _____.
- ① has been a decline in the number of schools starting later
 - ② has been no change in school starting times
 - ③ are more schools that have begun to start later
 - ④ is less attention paid to school starting times
9. Researchers at the CDC say parents can help children improve their sleep habits by _____.
- ① only waking them up early on week days
 - ② playing video games with them until they are tired
 - ③ encouraging them to use their cell phones in the bedroom
 - ④ setting a regular time to go to bed every night
10. Maribel Ibrahim feels _____.
- ① parents do not know enough about the issue of school start times
 - ② parents are in favor of later school start times
 - ③ teenagers are in favor of earlier school start times
 - ④ teachers do not care about the issue of school start times