

# Sleeping In Will Help at Work

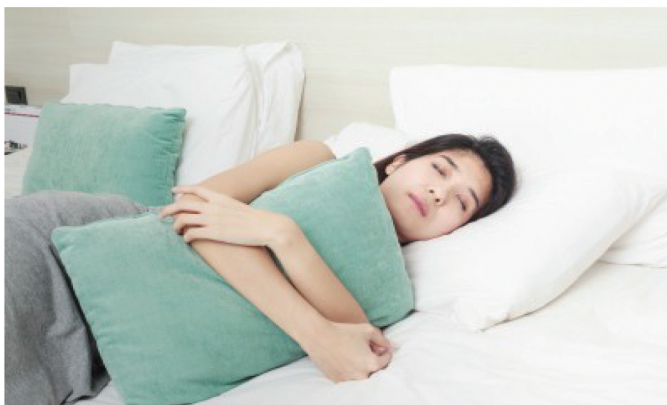


Image courtesy of FrameAngel / FreeDigitalPhotos.net

## Reading

Sleeping in on Saturday or Sunday could boost your energy and productivity on Monday, according to a new study. Just one extended snooze—think 10 hours or more—can help the brain recover from a week of not sleeping enough, a University of Pennsylvania researcher tells the Daily Telegraph. “The bottom line is that adequate recovery is important for coping with the effects of chronic sleep restriction,” he says.

The study took 159 healthy adults, with an average age of 30, and allowed them just four hours of sleep a night for a week. After that, they were all allowed between zero and 10 hours of sleep to recuperate. The participants were given continuous computerized tests that showed that one night of extended sleep was enough to restore normal alertness, attention spans, and reaction times.

Source: [www.newser.com](http://www.newser.com)

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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