

## 英 語

I 次の文章を読んで、設問に答えなさい。

Did you sleep well? It's a common question. And it's great to be able to give a positive response. We might even say that we slept 'like a log' or 'like a baby'—which is a bit strange, since logs don't sleep and neither do babies, really. Nevertheless, the meaning is clear: we simply feel better after a good sleep, and we are told that it is one of the most important things we can do to stay healthy.

It's a common question because people worry about ①it a lot. But the more we worry—"I have to sleep, I have to sleep!"—the harder it gets. Those who have trouble sleeping (perhaps one in three in developed countries) try all kinds of things: meditation techniques, recordings of soothing stories or calming sounds, or earplugs to block any noises that might disturb. It is such a serious problem that, according to the data, tens of millions of people worldwide resort to sleeping drugs. Our modern society, always so busy, seems to have forgotten to sleep. Or rather, forgotten how to sleep.

Psychologists and doctors have linked our sleep problems with irregular sleep schedules, nighttime noise and light, and information overload. One of the most interesting ideas, however, has come from ②an unlikely source. Based on research of old records, the historian Roger Ekirch has discovered that the sleep pattern we aim for (seven or eight hours straight) is not the one which was the most widespread for centuries. Rather, in most societies, people slept in two nighttime phases, one starting somewhat after sunset, the second ending at sunrise, with a waking hour or two ③between.

Then, with the industrial revolution and electric lighting, we moved

towards longer work shifts. With public transport and then cars, people spent more time getting to work. Sometimes people didn't get home until well after dark, and it became common, first for city folk and then for those in the countryside, to sleep later, and to sleep all through the night, counter to our natural rhythm.

Is <sup>④</sup>this mismatch why we have trouble sleeping now? Amazing if true. We think we know quite a lot about our human history, but we might not know much about one of the most basic aspects of our lives—how we sleep—probably because people seldom thought to write about it.

【出典】書き下ろし

【注】 meditation = 瞑想      soothing = 心安らぐ      earplugs = 耳栓      resort = 頼る

問1 本文の内容に合致するように(1)～(5)の各文を完成させるにはどのように続ければよいか、最も適当なものをそれぞれa～dから一つ選んで、記号で答えなさい。

(1) In the first paragraph, the author's main point is that

- a. it's odd that we ask each other about sleep.
- b. babies often wake up during the night.
- c. we all value good sleep.
- d. you need to be healthy to sleep well.

(2) One method of dealing with sleep problems that is NOT mentioned is

- a. drinking herb teas.
- b. taking medicine.
- c. listening to a story.
- d. playing relaxing audio recordings.

(3) One reason for sleep problems that is NOT mentioned is

- a. ignoring your natural body rhythm.
- b. too much news, messaging, and social media.
- c. having too many children.
- d. sounds that might keep us awake, like traffic or dogs barking.

(4) According to the passage, sleep patterns of the past centuries were

- a. a factor in people's poor health.
- b. very irregular.
- c. quite different from what we have assumed.
- d. very simple: sleep when it's dark, get up when it's light.

(5) From the passage, we can guess that the author

- a. thinks we might have a lot to learn by examining our history.
- b. recommends that people stay awake for an hour or more in the middle of the night.
- c. blames electric lighting for people's sleep troubles.
- d. has never had any difficulty sleeping.

問2 下線部①～④の内容を最もよく表している英語を、それぞれ a～d から一つ選んで、記号で答えなさい。

(6) ①it

- a. staying healthy
- b. the amount and quality of our sleep
- c. why we sleep
- d. whether babies sleep

(7) ②an unlikely source

- a. nighttime light
- b. social media
- c. psychological problems
- d. historical research

( 8 ) ③ between

- a. between night and day
- b. between the two phases
- c. between sunrise and sunset
- d. between midnight and one o'clock

( 9 ) ④ this mismatch

- a. the difference between our sleep goals and our natural rhythm
- b. the gap between modern and traditional societies
- c. the contrasting lifestyle of those in the city and countryside
- d. the difficulty of trying to sleep when it is light

問 3 本文に題をつけるとすればどのような題がよいか，全体の内容を最もよく表している題を， a ～ d から一つ選んで，記号で答えなさい。

- (10)
- a. How to Get a Good Night's Sleep
  - b. The Benefits of Sleeping Well
  - c. Have We Forgotten How to Sleep?
  - d. History Makes Me Sleepy

- Ⅱ 次の文章を完成させるには (11)～(15) にどの語を入れたらよいか、最も適当なものをそれぞれ a～d から一つ選んで、記号で答えなさい。

Plastic is one of the most used materials today because it is cheap and strong. However, this amazing material is causing a major problem in our ( 11 ). It is estimated that by 2050, there will be more plastic than fish in the oceans, which could threaten human health since fish is a major ( 12 ) source. There have been many attempts to work on the problem of plastic waste, but more effort is needed.

Recycling is perhaps the most common solution to plastic waste. However, some experts say it is often more ( 13 ) to sort and clean old plastics than make new ones. Some cities have begun to ban single-use plastics, such as shopping bags, and in Japan, people must pay a fee for these bags. Other solutions to plastic waste include using ( 14 ) that eat plastic to break down the material, replacing plastics with natural materials such as paper, and adding used plastics to building materials such as bricks and asphalt.

While many of these solutions help reduce plastic waste, they will only be ( 15 ) if more individuals take action to limit or stop using plastics. Otherwise, we might be harming not just the environment but also our bodies.

【出典】書き下ろし

【注】asphalt＝アスファルト

- (11) a. research  
b. environment  
c. building  
d. exercise

- (12) a. toy  
b. medicine  
c. pet  
d. food

- (13) a. positive  
b. handsome  
c. expensive  
d. useful

- (14) a. humans  
b. machines  
c. bacteria  
d. products

- (15) a. personal  
b. effective  
c. useless  
d. elderly

Ⅲ 次の (16)～(30) の ( ) に入れるのに最も適当な語または句を、それぞれ a～d から一つ選んで、記号で答えなさい。

(16) I hope you ( ) get well soon.

- a. must                  b. should                  c. may                  d. will

(17) I ( ) go to church every Sunday when I was very young.

- a. used to                  b. ought to                  c. might                  d. should

(18) I ( ) here for 60 years next Monday.

- a. have lived                  b. would live  
c. had lived                  d. will have lived

(19) He has a dog, ( ) name is Spike.

- a. whose                  b. which                  c. its                  d. that

(20) ( ) in easy English, the book is good for children.

- a. Writing                  b. Written                  c. To write                  d. Wrote



(21) She is (        ) of finishing the task.

- a. capable        b. able        c. enable        d. doable

(22) The main (        ) of this research is to find out the effect of walking on human health.

- a. reason        b. plan        c. goal        d. question

(23) We cannot (        ) the importance of health too much.

- a. input        b. insist        c. experience        d. emphasize

(24) Please put the cards on the table in alphabetical (        ).

- a. letter        b. number        c. line        d. order

(25) Origami is an art that makes figures by (        ) a sheet of paper.

- a. holding        b. preparing        c. folding        d. creating

(26) To join the volunteer work, you must (        ) the form.

- a. make up        b. put in        c. write up        d. fill in

(27) He has to (        ) how much he needs for his trip to the US.

- a. work up        b. figure out        c. make over        d. take down

(28) (        ), I remember the wonderful holiday I spent in Australia.

- a. From time to time                      b. In good time  
c. For the time being                      d. In time to come

(29) The sky has (        ) after a long period of rain.

- a. lifted off                                  b. opened out  
c. dried out                                  d. cleared up

(30) We waited for her at the restaurant, but she never (        ).

- a. showed off                                  b. turned up  
c. went out                                  d. called for

IV 次の会話の (31)～(35) に入る最も適当な表現を、それぞれ a～d から一つ選んで、記号で答えなさい。

Hannah: How was your first day at the coffee shop?

Mary: It was so busy! I was running around all day.

Hannah: ( 31 ) Did you drop anything?

Mary: No, thank goodness! One of the drinks nearly fell from the tray onto the customer, but I just saved it.

Hannah: ( 32 ) That must have been scary.

Mary: It was! But, honestly, the customers were all lovely. Nobody complained about anything. The cook was nice, too.

Hannah: That's good! I remember my first day working at a restaurant. I forgot to bring one woman's drink, and she got angry.

Mary: ( 33 )

Hannah: It got worse! I brought the drink with ice, and she had asked for no ice. So she got even angrier. I nearly cried!

Mary: ( 34 ) That sounds really bad. I bet you didn't want to go back.

Hannah: I didn't! But I had to work the next day, too. So I just looked in the mirror and said, 'You can do this!' Then I put my uniform on and started work.

Mary: That's brave of you! I'm sure you were great at your job.

Hannah: Oh, I got used to it. And you will, too!

Mary: Thank you! ( 35 )

- (31) a. I can imagine.  
b. Good to know.  
c. I know!  
d. I believe so.
- (32) a. It doesn't matter.  
b. Oh, yes!  
c. So what?  
d. Phew!
- (33) a. So she did!  
b. No way!  
c. Why not?  
d. What for?
- (34) a. Oh, poor you.  
b. Sorry!  
c. Me, too.  
d. Oops!
- (35) a. I've always said that.  
b. Why would you say that?  
c. It's nice of you to say that.  
d. I don't believe you.