

The most important _____ life is _____. It is _____ given to everyone, and our lives _____ on how we _____.
 _____ many of you _____ something like “I _____ I _____ 27 hours a day.” However, the _____ you should do is to _____ your sleep by three hours to _____ three hours. Your conditions and performance will be _____ you don’t _____ sleep. According to a study _____ the University of California, only one in 25,000 people have short _____, _____ very unlikely that you are _____. Basically, humans cannot _____ sleep. Why is sleep so important?

The most important asset in life is time. It is equally given to everyone, and our lives depend a lot on how we use it. Probably many of you have said something like “I wish I had 27 hours a day.” However, the last thing you should do is to cut your sleep by three hours to get those three hours. Your conditions and performance will be worse if you don’t have enough sleep. According to a study from the University of California, only one in 25,000 people have short sleep genes, so it is very unlikely that you are the case. Basically, humans cannot perform well without enough sleep. Why is sleep so important?

asset	資産	condition	状態
equally	平等に	performance	パフォーマンス、出来栄
depend	依存する、(～に) による	gene	遺伝子
probably	おそらく	unlikely	ありそうもない、起こりそうにない
wish	願う	case	実情、真相

Many people think that having sleep is _____ a _____. _____ the day, we work _____ and _____. So we need to take a rest during the night to _____ energy. This is _____, but sleep is actually more than _____ taking a break. When we _____, the brain _____ working to _____ our skills and _____ memory. Your brain is doing important tasks during sleep, so you need to _____ time to finish them. Imagine the _____ you are _____ a task that takes 8 hours to finish. If you are given only 4 hours to _____ the task, _____ you will _____ finish it or _____ the quality. _____, if you sleep for only 4 hours, _____ giving your brain only 4 hours to finish the work _____ actually needs 8 hours.

Many people think that having sleep is taking a rest. During the day, we work hard and get tired. So we need to take a rest during the night to restore energy. This is partly true, but sleep is actually more than just taking a break. When we are asleep, the brain keeps working to improve our skills and retain memory. Your brain is doing important tasks during sleep, so you need to give it enough time to finish them. Imagine the case where you are assigned a task that takes 8 hours to finish. If you are given only 4 hours to work on the task, either you will fail to finish it or sacrifice the quality. Similarly, if you sleep for only 4 hours, it is like giving your brain only 4 hours to finish the work when it actually needs 8 hours.

rest	休憩	task	課題
restore	復元する、回復する	assign	割り当てる、課す
partly	部分的に	either	いずれか
improve	向上させる	fail (to do)	～し損なう
retain	保持する	sacrifice	犠牲にする

When we are asleep, the brain is doing important _____ only done during sleep. When we _____ something during the day, the information is _____ in the hippocampus, the brain's _____-_____ memory _____. _____ sleep, this memory in the hippocampus is _____ the neocortex, _____ the brain _____-_____ memory. _____, the brain cannot keep memory for a long time. The same is _____ for _____, such as playing sports and musical _____. During sleep, the memories of these movements are _____ the brain. _____ we are asleep, the brain keeps practicing. _____ is not only _____ studying and practicing _____ the day. Having enough sleep is also an _____ the effort.

When we are asleep, the brain is doing important jobs that are only done during sleep. When we learn something during the day, the information is stored in the hippocampus, the brain's short-term memory storage. During sleep, this memory in the hippocampus is sent to the neocortex, where the brain stores long-term memory. Without this process, the brain cannot keep memory for a long time. The same is true for motor skills, such as playing sports and musical instruments. During sleep, the memories of these movements are replayed in the brain. Even when we are asleep, the brain keeps practicing. Making an effort is not only about studying and practicing during the day. Having enough sleep is also an important part of the effort.

hippocampus	海馬（脳の部位）	store	蓄える
term	期間	motor skill	運動技能
short-term	短期間の	instrument	楽器
storage	保管場所	effort	努力
neocortex	新皮質（脳の部位）		