

## 《应用程序揭秘全球睡眠模式》

导读:科学家从应用程序收集的数据分析出全球睡眠模式。

The world's sleeping patterns have been revealed by scientists analysing data collected from an app.

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It showed the Dutch have nearly an hour more in bed every night than people in Singapore or Japan.

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The study, published in Science Advances, also found women routinely get more sleep than men, with middle-aged men getting the least of all.

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The researchers say the findings could be used to deal with the "global sleep crisis".

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The team at the University of Michigan released the Entrain app in 2014 to help people overcome jetlag.

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But users could choose to share data on their sleeping habits with the research group.

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The study found people in Japan and Singapore had an average of seven hours and 24 minutes sleep while the people in the Netherlands had eight hours and 12 minutes.

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People in the UK averaged just under eight hours - a smidgen less than the French.

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The later a country stays up into the night, the less sleep it gets. But what time a country wakes up seems to have little effect on sleep duration.

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Prof Daniel Forger, one of the researchers, said there was a conflict between our desire to stay up late and our bodies urging us to get up in the morning.

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He told the BBC News website: "Society is pushing us to stay up late, our [body] clocks are trying to get us up earlier and in the middle the amount of sleep is being sacrificed; that's what we think is going on in global sleep crisis.

??BBC????“????????????[??]??”

"If you look at countries that are really getting less sleep then I'd spend less time worrying about alarm clocks and more about what people are doing at night - are they having big dinners at 22:00 or expected to go back to the office?"

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The study also showed women had about 30 minutes more per night in bed than men, particularly between the ages of 30 and 60.

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And that people who spend the most time in natural sunlight tended to go to bed earlier.

