

英语二阅读真题同源过关练习 11

文章来源：科学美国人 段落：五段 字数：422 内容：心理学

要求：A. 做题 B. 找到出题处 C. 挑五个句子翻译 D. 将文中单词认真背完

People who don't get enough sleep could be increasing their risk of developing false memories, a new study finds. In the study, when researchers compared the memory of people who'd had a good night's sleep with the memory of those who hadn't slept at all, they found that, under certain conditions, sleep-deprived individuals mix fact with imagination, embellish events and even "remember" things that never actually happened.

False memories occur when people's brains distort how they remember a past event — whether it's what they did after work, how a painful relationship ended or what they witnessed at a crime scene. Memory is not an exact recording of past events, said Steven Frenda, a psychology Ph.D. student at the University of California, Irvine, who was involved in the study. Rather, fresh memories are constructed each time people mentally revisit a past event. During this process, people draw from multiple sources — like what they've been told by others, what they've seen in photographs or what they know as stereotypes or expectations, Frenda said.

The researchers used a process called "event encoding" to explore sleep's effect on memory: First, they showed 100 undergrad students — some of whom slept from midnight to 8 a.m., and others who stayed awake all night — a photo of a man tucking a woman's wallet into his jacket pocket. Forty minutes later, the students read false information about the photo, which said that the man put the wallet in his pants pocket rather than his jacket. Finally, the researchers asked the students where they thought the man put the wallet, and how they knew that information. "We found that compared to the participants who had slept, those who endured an entire night of sleep deprivation were more likely to falsely recall that the inaccurate, misleading information came from the original photographs," Frenda said.

The findings have wider implications for police interrogations, and shows how a lack of sleep might affect eyewitnesses' recollection of events. "Police interrogations can go for hours and hours into the night," Frenda said. This type of thing is less common today — but it does happen, and it is probably not a good

idea if the goal is to protect the integrity of a witness's memory.

A better understanding of the mechanisms behind sleep deprivation and memory is needed before scientists can make specific recommendations for law enforcement processes, Frenda noted. However, allowing eyewitnesses to go home to get a good night's rest before testifying could also alter what they remember, since memories fade with time, he added.

1 People who don't get enough sleep may experience all of the following syndromes Except:

- A. taking fantasy for reality
- B. recalling what didn't take place
- C. withholding some imperfections
- D. polishing some things

2 Inaccuracies happen because

- A. what happened can't be remembered
- B. what happened becomes unimportant
- C. what happened is deformed
- D. what happened is weakened

3 The author's attitude towards using incomplete memory as evidence can be described as

- A. supportive B. opposed C. cynical D. objective

4 It is implied in the last paragraph that

- A. professional suggestions are based on comprehending certain correlation
- B. scientists, whatever field they are in, can offer great help in laws

C. some eyewitnesses tell lies in court because of lacking sufficient sleep

D. permitting eyewitnesses to sleep well at night is usually the key point of comforting them

5 The most suitable title for this passage may be

A. Work and Memory

B. Crime and Punishment

C. Playing and Sleeping

D. Sleeping and Memory

答案: CCBAD

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False memories occur when people's brains distort how they remember a past event 第二题答案出处 — whether it's what they did after work, how a painful relationship ended or what they witnessed at a crime scene. Memory is not an exact recording of past events, said Steven Frenda, a psychology Ph.D. student at the University of California, Irvine, who was involved in the study. Rather, fresh memories are constructed each time people mentally revisit a past event. During this process, people draw from multiple sources — like what they've been told by others, what they've seen in photographs or what they know as stereotypes or expectations, Frenda said.

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A better understanding of the mechanisms behind sleep deprivation and memory is needed before scientists can make specific recommendations for law enforcement processes, Frenda noted. 第四题答案出处 However, allowing eyewitnesses to go home to get a good night's rest before testifying could also alter what they remember, since memories fade with time, he added.

全文翻译:

一项新的研究发现，睡眠不足可能会增加人们错误记忆的风险。在这项研究中，研究者比较了睡眠充足的人和一点都没睡的人的记忆，发现在一定条件下，睡眠不足的人会混淆事实和幻想，对事件添油加醋甚至“记起”一些从未发生过的事情。

当大脑篡改人们如何记忆过去事件的时候，错误记忆就会发生——这是否是在下班后做的事情，一段痛苦的关系是怎样结束的，或者他们是否目击了一个犯罪现场。加利福尼亚大学欧文分校的心理学博士生 Steven Frenda 曾经参与了这项研究，他说，记忆并不是能准确记录过去的事件。而是大脑每重访一次过去的事件，记忆就被重新建立。Frenda 说，在重建过程中，人们将不同来源的信息放到了一起——例如从其他人那听说的，在照片中看到的或者他们知道的原型或期望。

研究者们使用了一个叫做“事件编码”的过程来探究睡眠对记忆的影响：首先他们向 100 个研究生——一些人从午夜睡到早上 8 点，另一些人整晚没睡——展示一张照片，照片中一个男人将一个女人的钱包藏到他的夹克口袋里。40 分钟后，给这些学生看一些与照片有关的错误信息，信息中说男人将钱包放到了他裤子而非夹克的口袋中。最后，研究者问这些学生他们认为男人将钱包放在了哪里，以及他们是怎样了解到这一信息的。“我们发现和那些睡过觉的参与者相比，经历了一整夜睡眠缺失的参与者更易出现记忆错误，认为那些不准确的误导信息来自于原始图片，” Frenda 说。

这些发现对警察审讯有更广泛的影响，并展示了睡眠缺乏如何影响目击者对事件的回忆。“警察审讯可以持续数小时直到深夜，” Frenda 说。“这类事情在今天并不常见——但也确有发生，如果目的是出于保护目击者记忆的完整性的话，这可能不是一个好主意。”

Frenda 说，在科学家能够为执法过程提供专业建议以前，需要更好地理解睡眠缺失和记忆的机制。然而，让目击证人在作证前回家好好休息一晚可能同样会改变他们的记忆，因为记忆会随着时间消退，他补充说。

时代博思