

風大雨大睡覺皇帝大

因為工作忙碌的關係而導致現在職場工作者常有睡眠不足的現象。雖然醫學專家建議平均一天要睡飽八個鐘頭，但能睡飽八個小時對於忙碌的人而言好像是件奢侈的事情，有時為了趕隔天要交的報告，或是為了明天的期中期末考試，一天睡不到三個小時是件稀鬆平常的事，要用英語形容累了頂多趴在桌上小睡片刻除了 **take a nap** 外還可以說 **micro sleep** 或者是 **power nap**，真要睡飽恐怕得需要等到周末才能夠補個回籠覺(補眠)。因此美國媒體就把這種普遍現象稱之為 **Sleep Camel**. It's so obvious that you are beat because you have burned

the midnight oil to make things perfectly done. I can tell you didn't sleep a wink, time now to have a micro sleep. So what is sleep camel? You get little sleep during the week and then attempts to make up for it by sleeping in and napping on the weekend. I am not going to set up the alarm, so it won't go off. Sleep tight, my pal.

至於表達睡覺的英語除了我們最常說的 Go to bed 外到底還有那些用法呢？請看以下例句：

1. Honey. It's time to **hit the sack**!
2. Okay, kids, one more game and then it's **beddy-bye**. (這句用法通常是父母對小孩子說的話，聽起來就像是睡稿稿)
3. I am tired. I need to **catch some Z's**. (漫畫書裡頭都會以 ZZZZZ 來代表睡覺的符號，這是 catch some Z's 的由來)
4. John just **crashed out** on his bed when he got back home.
5. I need to get **shut-eye**. (shut-eye 就是閉目養神闔眼，引申為睡覺的意思)
6. It's a **sack time**, honey.
7. I am totally wiped out. I like to **snooze** for a while.
8. It's Dave, **sawing logs** on the couch. (一個人睡覺的聲音若是像在鋸木頭，那你就知道 sawing logs 的意思是在指睡覺時打鼾的聲音)
9. I was **conked out** on the couch last night.
10. Fine. I think I could **rack out** on the sofa tonight.