



This is not a word-for-word transcript

ምህረት

ሰላም፣ ስለአንድ ጉዳይ ወደምንወያይበትና ስለጉዳዩ ለማውራት የሚያስፈልገውን ቋንቋ ወደምናቀርብበት የEnglish Together ዝግጅት እንኳን በደህና መጡ። ምህረት እባላለሁ። አብሮኝ/አብራኝ... አለ/አለች።

Sam

Hi, I'm Sam. Welcome to the programme!

Tom

And I'm Tom. Hello everyone!

ምህረት

ዛሬ የምንነጋገረው ስለእንቅልፍ ነው። ለሁላችንም ያስፈልገናል፣ ነገር ግን አንዳንዶቻችን ከሌሎች የበለጠ ያስፈልገናል። ስለዚህ መቀመጫውን አሜሪካ ካደረገው ብሔራዊ የእንቅልፍ ፋውንዴሽን የተገኘው የዛሬው ጥያቄ ይህን ነው፤ በአማካይ ከሁሉም የበለጠ ረጅም ጊዜ የሚተኛው ማን ነው?

- ሀ) ገና የተወለዱ ጨቅላዎች
- ለ) በአስራዎቹ ውስጥ ያሉ ታዳጊዎች
- ሐ) አዛውንቶች

Tom

I think it might be C. the elderly, because my grandfather falls asleep all the time. In fact, sometimes he even falls asleep at the dinner table!

Sam

I don't know. Teenagers can stay in bed for days!

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Well, we will give the answer later in the programme. አሁን በመጀመሪያ በNPR የተላለፈውን እና እንቅልፍ ለምን እንደሚያስፈልገን የሚያስረዳውን የሚከተለውን መሰናዶ እናዳምጥ።

News insert

The recommendation from the World Health Organisation is that adults should sleep 8 hours a night, but why? The answer lies in the results of recent studies, which show that there is a direct connection between how long we sleep and how long we live. Matthew

Walker, from the Centre for Human Sleep Science at the University of California, Berkeley, says the less you sleep, the more at risk we are from heart disease, diabetes, Alzheimer's and more, confirming that short sleep predicts a shorter life.

Tom

Do you know, I never get 8 hours of sleep a night... I'm busy, I have other things to do apart from go to sleep.

Sam

Tom, the news story says that's not good for you! If you're sleep-deprived, you could have health problems.

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'Sleep-deprived' እንቅልፍ ያጠረው ማለት ነው። Yes, they mentioned 'heart disease', የልብ በሽታ, 'Alzheimer's' የመርሳት በሽታ... Those are all serious!

Tom

But isn't everybody sleep-deprived these days? I mean, who really gets 8 hours of sleep a night? I know I don't, for sure!

Sam

I do! I always make sure I get at least 7.5 hours a night.

Tom

How? You're a really early riser!

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'Early riser' ቀድሞ የሚነቃ፣ ቀድሞ የሚነሳ ማለት ነው። Yeah, Sam, you're always at work so early.

Sam

I've always been an early riser, so I just make sure I go to bed early. And I never use my phone, or computer, or drink any coffee before I go to bed.

Tom

Mmh, that might be my problem. I always have a coffee after my dinner...and then I can't sleep...and then I'm exhausted the next day.

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'Exhausted' የደከመ፣ የዛለ ማለት ነው። Coffee is not a good idea, Tom.

Sam

Yeah, you always look exhausted in the morning.

Tom

Thanks! That's why I always need a coffee.

Sam

How many hours of sleep *do* you get, Tom?

Tom

Probably about 6 hours of sleep a night.

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ይህ ቀደም ሲል ወዳነሳነው ጥያቄ ለመመለስ ጥሩ ጊዜ ነው። ከሁሉም የበለጠ ረጅም ጊዜ የሚተኛው ማን ነው?

ሀ) ገና የተወለዱ ጨቅላዎች

ለ) በአስራዎቹ ውስጥ ያሉ ታዳጊዎች

ሐ) አዛውንቶች

መልሱ ገና የተወለዱ ጨቅላዎች ናቸው የሚል ነው። በቀን ውስጥ ከ12 እስከ 18 ሰዓት የሚደርስ እንቅልፍ ያስፈልጋቸዋል። ታዳጊዎች ከ8.5 እስከ 9.5 ሰዓት ድረስ እንቅልፍ ሲያስፈልፋቸው አዛውንቶች የወጣቶችን ያህል እንቅልፍ ያሻቸዋል። ሆኖም ብዙ ጊዜ ሙሉ 8 ሰዓት ለመተኛት አይችሉም።

Sam

So, how can we make sure you get more sleep, Tom?

Tom

Well, you don't need to worry about me, because I always have a lie-in at the weekend.

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'Have a lie-in' ከእንቅልፍ ቢነቁም አልጋ ላይ መቆየት ማለት ነው። But do you think it's possible to 'catch up' on sleep? 'Catch up' ማካካስ.

Sam

Yeah, I don't think you can pay back the sleep you missed by having a lie-in.

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And you need to stop drinking coffee...

Tom

Ok, you two, have you finished? I'm exhausted just listening to you now! In fact, I think I need a coffee.

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እርስዎስ? በየምሽቱ የ8 ሰዓት እንቅልፍ ያገኛሉ ወይንስ 'sleep-deprived' ነዎት? በሳምንቱ መጨረሻ የእረፍት ቀናት በ'having a lie-in' ያሳልፋሉ? እና. . .

የዚህ ሳምንት ዝግጅታችንን አጠናቅቀን ከመሰናበታችን በፊት ዛሬ ያወራንባቸውን ቃላት እንመልከት። ሁሉም

ከእንቅልፍ ጋር የተያያዙ ናቸው፤ እንልቅልፍ ያጠረው 'sleep-deprived' ፣ ቶሎ የሚነቃ 'an early riser'፣ የዛለ 'exhausted'፣ ከእንቅልፍ ከነቁ በኋላም እንዲሁ አልጋ ላይ መቆየት 'to have a lie-in'።

አበራችሁን ስለነበራችሁ እናመሰግናለን፤ ለተጨማሪ የEnglish Together ዝግጅቶች በሚቀጥለው ሳምንት ይጠብቁን።