

科目：英文作文 適用：外文系三

編號：613

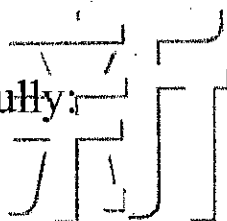
考生注意：

1. 依次序作答，只要標明題號，不必抄題。
2. 答案必須寫在答案卷上，否則不予計分。
3. 限用藍、黑色筆作答；試題須隨卷繳回。

本試題
共1頁
第1頁

- 說明：一、本試題與試卷一併繳回。
二、禁止使用任何型式之字典。

Read the following passage carefully:



It has been claimed that sleep inspires creativity and it seems sleep can stimulate insight as well.

History suggests that a burst of creative inspiration, or even the solution of a baffling problem, can spring from the unconscious work of slumber.

In a study published in the journal *Nature* this year, German researchers trained several groups of students to perform a memory task. Each student learned two rules for converting a string of eight numbers into a new string. A third, hidden rule would have reduced the steps in the calculation, allowing the students to solve the problem immediately. The groups were tested once after training and again eight hours later.

Sixty percent of the students allowed to sleep during the interval figured out the hidden rule. Only 22 percent of those who stayed awake discovered it.

Another group that slept for eight hours without being trained beforehand never figured the rule out, indicating that sleep helped only if the subjects formed memories of the task first. The control conditions also helped rule out the possibility that sleep deprivation or circadian rhythm accounted for the findings.

New memories, the findings suggest, are somehow manipulated during sleep in a way that stimulates insight, which then seeps into consciousness.

Scientists know that explicit memory tasks are usually associated with the deep stages of sleep. But anecdotal evidence suggests that insight is gleaned from dreams, which occur in the rapid eye movement, or REM, stage of sleep.

Whatever the mechanisms behind creative slumber, if a crucial exam is imminent, or a big presentation is looming, it is probably a good idea to sleep on it.



Write an English reflection on this reading passage in no more than 400 words.
Your writing will be evaluated in terms of:

1. content (25%),
2. language use (遣詞用字) (25%),
3. sentence structure (25%), and
4. cohesion (25%).