

2019년 6월 29일 키워드 스피킹 방송 / 주제: 수면장애

<광고>

	<p>『구동사 편』</p> <p>총 251 개의 구동사</p> <p>구동사가 만들어지는 원리에 중점을 둔 설명</p>		<p>『시사이슈 편』</p> <p>『키워드 스피킹』 팟캐스트 에서 다룬 표현들을 소개</p> <p>총 43개의 시사 이슈에 관 한 유용한 문장들</p>
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Summary

The OECD's 2016 statistics say that Koreans sleep seven hours and forty one minutes per day on average, which is the shortest of all OECD member countries. Another survey by a local research group found that about 47% of Koreans think they are suffering from lack of sleep every day. If the numbers are correct, **Koreans' sleep quality is subpar.**

We don't need a doctor's diagnosis to understand that sleep quality and sufficient hours of sleep affect our health and happiness. But there are many people who experience various kinds of sleep disorders: **insomnia, sleep apnea, and restless legs syndrome, to name a few.** The number of sleep disorder patients in Korea was about 180,000 in 2007 but **it almost tripled to 490,000** in 2016. It's not just the number of visitors to clinics that increased. **The size of industry for sleep aids or sleep quality has also swollen.** It is estimated that **products and services related to sleep is valued at more than two trillion won**, which is expected to grow further.

We spend one third of our life sleeping. **Well aware of the importance of a good night's sleep, people nowadays are ready to do more than before, including opening their wallets.**

해석

1. Koreans' sleep quality is subpar 한국인의 수면의 질은 평균 이하이다
2. We don't need a doctor's diagnosis to understand that ~을 이해하기 위해 의사의 진단이 필요한 것은 아니다
3. insomnia, sleep apnea, and restless legs syndrome, to name a few 몇 가지만 예를 들자면, 불면증, 수면 무호흡증, 하지 불안 증후군
4. it almost tripled to 490,000 49만으로 거의 세 배가 되었다
5. The size of industry for sleep aids or sleep quality has also swollen. 수면 보조 용품이나 수면의 질과 관련된 산업의 규모도 같이 커졌다
6. products and services related to sleep is valued at more than two trillion won 수면과 관련된 상품 및 서비스 시장 규모가 2조원을 넘는다
7. Well aware of the importance of a good night's sleep, people nowadays are ready to do more than before, including opening their wallets 잠을 잘 자는 것이 얼마나 중요한지 잘 알기 때문에, 요즘 사람들은 지갑을 여는 것을 포함해서 예전보다 더 많은 것을 할 준비가 되어 있다

Keywords / Key Sentences

1. 잠이 보약이다. 운동과 올바른 식습관도 중요하지만 무엇보다 잠을 잘 자야 건강하고 일도 잘 되는 법이다. A good night's sleep is the key to good health. Regular exercise and a well-balanced diet are important too, but a good night's sleep guarantees good health and higher productivity at work. / In addition to diet and exercise, getting the right amount of sleep is essential to live a healthy and productive life. / Sleep is underrated in the overall factors related to health. Getting enough sleep is healthy and beneficial in your work or studies.
2. 수면 부족은 심근경색, 뇌졸중, 기타 심혈관 질환을 일으킨다. 고혈압과 당뇨, 우울증, 치매에 걸릴 확률도 커진다. Lack of sleep can cause various health problems. It increases the risk of heart attack, stroke and other cardiovascular diseases. It can also become a cause for hypertension, diabetes, depression and dementia. / Sleep deprivation puts you in a higher risk category for deadly health conditions. It can also increase the chances of developing neurological disorders. / Negative mental and physical problems can result if you don't get enough sleep.
3. 수면 관련 시장 확대는 전 세계적인 추세다. 우리나라도 관련 시장이 성장하고 있다. The sleep industry has been growing rapidly worldwide. Korea is no exception. / Products and services related to sleep have skyrocketed around the world. Korea has jumped on the bandwagon. / Korea is now part of the multibillion-dollar whirlwind of the sleep industry.
4. 바람직한 수면 시간과 패턴은 사람마다 다르다. 표준은 없다. 올바른 수면 시간과 패턴에 너무 민감해지면 오히려 수면 장애 해결에 방해가 될 수도 있다. Sleep patterns and sleep hours can vary from person to person. There is no such thing as a standard for sleep. The stress from being too obsessive with what is right or wrong about sleep can worsen the situation. / The time and quality of sleep is individually based. Being overly concerned about how long and how well you sleep might be an overreaction. / It is up to you to decide on what is right for you when it comes to sleep. Your needs might differ from those around you.