

✿ 外刊阅读第 6 篇



Time

Mar 4, 2025

by Stacey Colino

难度指数：★★★★☆☆

✿ 原文阅读

P1: It's like watching a rerun while you're sleeping: Once again, you show up for a class not knowing there's a test, or lose control of your car while driving, or get chased by a shadowy figure. Recurring dreams have a way of popping up again and again.

P2: "The dreams contain the same content, emotions, or narrative structure," explains Antonio Zadra, a professor of psychology and senior researcher at the Center for Advanced Research in Sleep Medicine at the University of Montreal. Common themes include falling into space, losing teeth, feeling paralyzed in a threatening situation, enduring a natural disaster, or being ripped off or cheated on. But "a significant chunk of recurrent dreams are idiosyncratic," says Zadra, who co-wrote the book *When Brains Dream: Exploring the Science and Mystery of Sleep*. "And some people have more than one recurrent dream."

How common are recurring dreams?

P3: The vast majority of adults have recurring dreams at some point in their lives, experts say. For several reasons, women tend to be most afflicted. "Overall, women recall their dreams more often than men, and women are also more likely to have disturbing dreams," says Michael R. Nixdorf, a professor of psychology at Mississippi State University and former president of the Society of Behavioral Sleep Medicine.

The strange makeup of recurring dreams

P4: Research has found that most recurring dreams have a negative tone with themes often related to helplessness, failure, or being chased. But sometimes they can have positive themes, such as discovering a new room in your home or excelling at an activity like skiing.

P5: Sometimes these recurring dream themes may feel random. Other times they

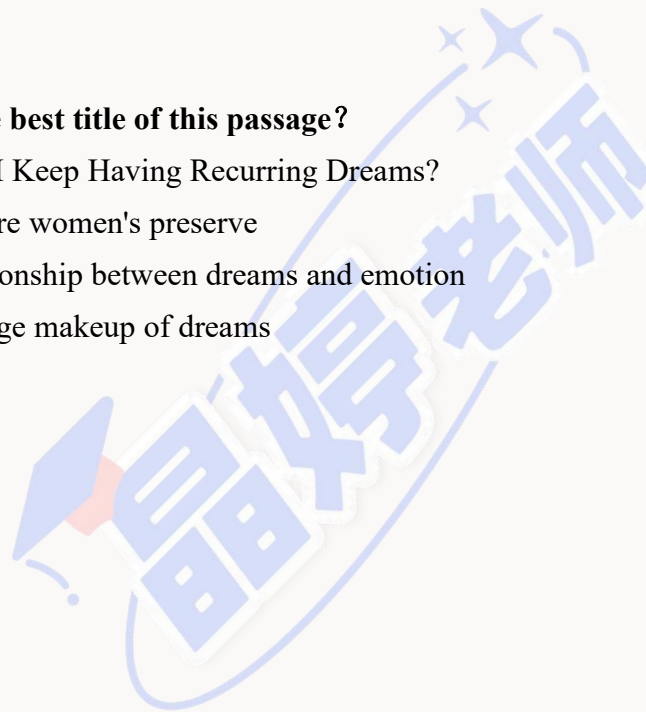
may relate to an experience from your past or to something that's currently worrying you. Research has found that people who feel ineffective in their lives and disconnected from others are more likely to experience negative recurring dreams.

P6: These dreams “often correlate with periods of heightened stress or significant life changes, suggesting that they may serve as indicators of underlying anxiety,” says Deirdre Barrett, a dream researcher at Harvard Medical School and author of the books *The Committee of Sleep* and *Pandemic Dreams*. “A specific subset of recurring dreams happen to trauma survivors, especially those with post-traumatic stress disorder. They experience nightmares related to their traumatic experiences.”

✿ 思考题

What is the best title of this passage?

- A. Why Do I Keep Having Recurring Dreams?
- B. Dreams are women's preserve
- C. The relationship between dreams and emotion
- D. The strange makeup of dreams



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Why Do I Keep Having Recurring Dreams?

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✿ 外刊笔记

P1: It's like watching a rerun while you're sleeping: Once again, you show up for a class not knowing there's a test, or lose control of your car while driving, or get chased by a shadowy figure. Recurring dreams have a way of popping up again and again.

这就像在睡梦中观看旧片重播：你又一次来到（出现到）课堂，却浑然不知当天有考试；或是在驾车时车辆失控；抑或是被一个阴影幢幢的身影紧追不舍。这些反复出现的梦境，似乎总能一次又一次地闯入你的睡眠。

P2: "The dreams contain the same content, emotions, or narrative structure," explains Antonio Zadra, a professor of psychology and senior researcher at the Center for Advanced Research in Sleep Medicine at the University of Montreal. Common themes include falling into space, losing teeth, feeling paralyzed in a threatening situation, enduring a natural disaster, or being ripped off or cheated on. But "a significant chunk of recurrent dreams are idiosyncratic," says Zadra, who co-wrote the book *When Brains Dream: Exploring the Science and Mystery of Sleep*. "And some people have

----- 1 -----

rerun n. 重新举行；重播的电视节目

【固】**show up** 揭露，披露；出现；显露

chase ①v. 追逐；匆忙赶往；追求 ②n. 追赶；争取

shadowy adj. 幽暗的，多阴影的；昏暗的

figure n. 数字；数字符号；身材；人物

recurring ①adj. 反复出现的；经常性的 ②v. 再发生，反复出现（recur 的现在分词）

【固】**pop up** 突然出现

----- 2 -----

contain v. 包含，容纳；遏制

content ①adj. 满足的，满意的 ②n. 目录；所含物；内容 ③v. 使满意

narrative ①n. 记叙文，叙述 ②adj. 叙述的

psychology n. 心理学；心理特点

paralyze vt. 使麻痹；使瘫痪

【固】**rip off** 敲诈，欺骗；抄袭，模仿

chunk n. 大块；大量，大部分

more than one **recurrent** dream.”

蒙特利尔大学**心理学**教授、高级睡眠医学研究中心资深研究员安东尼奥·萨德拉 (Antonio Zadra) 解释道：“这类梦境往往**包含**相同的**内容**、情感或**叙事**结构。”常见的梦境主题包括：坠入太空（虚空）、牙齿脱落、在危险情境中感到**麻痹动弹不得**、经历自然灾害，或是感觉被人**欺骗**或背叛。但萨德拉也指出，“相当**一部分**的重复梦境是非常**个人化**、**因人而异**的。”他是《当大脑做梦时：探索睡眠的科学奥秘》(When Brains Dream: Exploring the Science and Mystery of Sleep) 一书的**合著**者。“而且，有些人还不止拥有一种**重复出现**的梦境。”

How common are recurring dreams?

重复的梦有多常见？

P3: **The vast majority of** adults have recurring dreams at some point in their lives, **experts** say. For several reasons, women tend to be most **afflicted**. “Overall, women **recall** their dreams more often than men, and women are also more likely to have disturbing dreams,” says Michael R. Nixdorf, a professor of psychology at Mississippi State University and former president of the Society of **Behavioral** Sleep Medicine.

绝大多数成年人在人生的某个阶段都会做重复的梦。**专家**表示，由于多种原因，女性往往是最**受困扰**的。“总体而言，女性比男性更容易**回忆**起她们的梦境，也更容易做令人不安的梦”，密西西比州立大学心理学教授、**行为**睡眠医学学会前主席 Michael R. Nixdorf 表示。

The strange **makeup** of recurring dreams

反复出现梦境的奇怪**组成**

P4: Research has found that most recurring dreams have a negative **tone** with themes often related to **helplessness**, failure, or being chased. But sometimes

idiosyncratic adj.独特的，怪癖的

co-wrote 共同撰写；合写
mystery ①n.难以理解的事物，奥秘；神秘的人 ②adj.神秘的

recurrent adj.复发的；周期性的

3

majority n.大多数；<英>多数票；成年的法定年龄；多数党

【固】**the vast majority of** 绝大多数

expert ①n.专家，能手，权威 ②adj.专业的，熟练的
afflicted v.折磨；使痛苦；困扰（afflict 的过去式和过去分词）

recall ①v.记起，回想起；使想起，使想到；召回，叫回 ②n.记忆力，记性；召回
behavioral (=behavioural) adj.行为的；行为上的

4

makeup n.组成，构造；化妆品；性格

tone ①n.语气，腔调，口吻；气氛，基调，风格；音质，音色；色调，明暗；（尤指肌肉的）紧实度；声音信号

they can have positive themes, such as discovering a new room in your home or **excelling at** an activity like skiing.

研究发现，大多数反复出现的梦境都带有消极**基调**，主题常与**无助感**、失败或被追逐相关。但有时也会出现积极主题，比如在家里发现了一个新房间，或者**擅长**一项活动，比如滑雪。

P5: Sometimes these recurring dream themes may feel **random**. Other times they may relate to an experience from your past or to something that's **currently** worrying you. Research has found that people who feel **ineffective** in their lives and **disconnected** from others are more likely to experience **negative** recurring dreams.

有时候这些重复的梦境主题看似是**随机的**，但在其他时间，它们可能与你过去的经历或**当前的**忧虑有关。研究表明，生活中感到**无能为力**或与他人**疏离**的人更易经历**消极的**重复梦境。

P6: These dreams “often **correlate** with periods of **heightened** stress or **significant** life changes, **suggesting** that they may serve as **indicators** of **underlying** anxiety,” says Deirdre Barrett, a dream researcher at Harvard Medical School and author of the books *The Committee of Sleep* and *Pandemic Dreams*. “A **specific subset** of recurring dreams happen to **trauma** survivors, especially those with **post-traumatic stress disorder**. They experience **nightmares** related to their **traumatic** experiences.”

哈佛医学院梦境研究员、《睡眠**委员会**》与《**大流行之梦**》作者迪尔德丽·巴雷特（Deirdre Barrett）表示，这些（重复出现的）梦“常与**高压时期**或**重大**的人生变化**相关**，这**表明**它们可能是**潜在焦虑的指标**”。她补充道，“**创伤**幸存者，尤其是患有**创伤后应**

②v.使强健，使结实；与…协调，与…相配

helplessness n.无能为力；无助感

【固】**excel at** 擅长于

----- 5 -----

random ①adj. 随机的，随意的；不合常理的，出人意料的 ②n.随意；随机；胡乱

currently adv.现时；目前；当前；时下

ineffective adj.无效果的；不起作用的；不奏效的

disconnected adj.分离的；断开的；无关联的；不连贯的；无条理的

negative ①adj.坏的；有害的；否定的；消极的 ②n.否定词；否定；拒绝；坏的一面 ③v.拒绝；否定；证伪

----- 6 -----

correlate ①v.相互关联影响；相互依赖 ②相关的事物；互为关联的事物

heightened v.（使）加强，提高，增加；加深

significant adj.有重大意义的；显著的；有某种意义的；别有含义的；意味深长的

suggest v.建议；提议；推荐；举荐；使想到；使认为；表明

indicator n.指示信号；标志；迹象；指示器；指针；转向灯；方向灯

underlying adj.根本的；潜在的；隐含的；下层的

committee n.委员会

pandemic ①n.（全国或全球性）流行病；大流行病 ②

激障碍（PTSD）的人，会经历与创伤经历相关的噩梦，这是重复梦境的一个特定分支。”

adj.（疾病）大规模流行的，广泛蔓延的

specific adj.特定的；明确的，具体的；特有的

subset n.分组；小组；子集

trauma n.精神创伤；痛苦经历；挫折

【固】**post-traumatic stress disorder (=PTSD)** 创伤后精神紧张性障碍

nightmare n.噩梦；梦魇；可怕的经历

traumatic adj.痛苦的；极不愉快的；创伤的；外伤的；损伤的

✿ 长难句分析

1. **It's like watching a rerun** while you're sleeping: Once again, you show up for a class not knowing there's a test, or lose control of your car while driving, or get chased by a shadowy figure.

（1）主干：It's like watching a rerun

（2）修饰：

时间状语从句：while you're sleeping

冒号具体举例：you show up for a class..., or lose control of your car while driving, or get chased by a shadowy figure (连词 or 连接的三个并列的谓语部分)

状语：Once again

现在分词短语作伴随状语：not knowing...

省略 that 的宾语从句：(that) there's a test

（3）译文：这就像在睡梦中观看旧片重播：你又一次来到（出现到）课堂，却浑然不知当天有考试；或是在驾车时车辆失控；抑或是被一个阴影幢幢的身影紧追不舍。

2. “The dreams contain the same content, emotions, or narrative structure,” **explains Antonio Zadra**, a professor of psychology and senior researcher at the Center for Advanced Research in Sleep Medicine at the University of Montreal.

（1）主干：explains Antonio Zadra（直接引语引起的主谓倒装）

(2) 修饰：

直接引语：The dreams contain the same content, emotions, or narrative structure

同位语具体解释 Antonio Zadra: a professor of psychology and senior researcher

地点状语：at the Center for Advanced Research in Sleep Medicine

后置定语修饰 the Center for...Medicine: at the University of Montreal

(3) 译文：

蒙特利尔大学心理学教授、高级睡眠医学研究中心资深研究员安东尼奥·萨德拉 (Antonio Zadra) 解释道：“这类梦境往往包含相同的内容、情感或叙事结构。”

3. “Overall, women recall their dreams more often than men, and women are also more likely to have disturbing dreams,” says Michael R. Nixdorf, a professor of psychology at Mississippi State University and former president of the Society of Behavioral Sleep Medicine.

(1) 主干：“...,” says Michael R. Nixdorf,... (谓+主，主谓倒装)

(2) 修饰：

• 直接引语：“Overall, women recall their dreams more often than men, and women are also more likely to have disturbing dreams” (由连词 and 连接两个独立分句)

• 同位语，补充说明人物身份：a professor of psychology at Mississippi State University and former president of the Society of Behavioral Sleep Medicine (由 and 连接两个同位语成分)

(3) 译文：

密西西比州立大学心理学教授、行为睡眠医学学会前主席 Michael R. Nixdorf 表示：“总体而言，女性比男性更容易回忆起她们的梦境，也更容易做令人不安的梦。”

4. These dreams “often correlate with periods of heightened stress or significant life changes, suggesting that they may serve as indicators of underlying anxiety,” says Deirdre Barrett, a dream researcher at Harvard Medical School and author of the books *The Committee of Sleep* and *Pandemic Dreams*.

(1) 主句：...says Deirdre Barrett... (谓+主，主谓倒装)

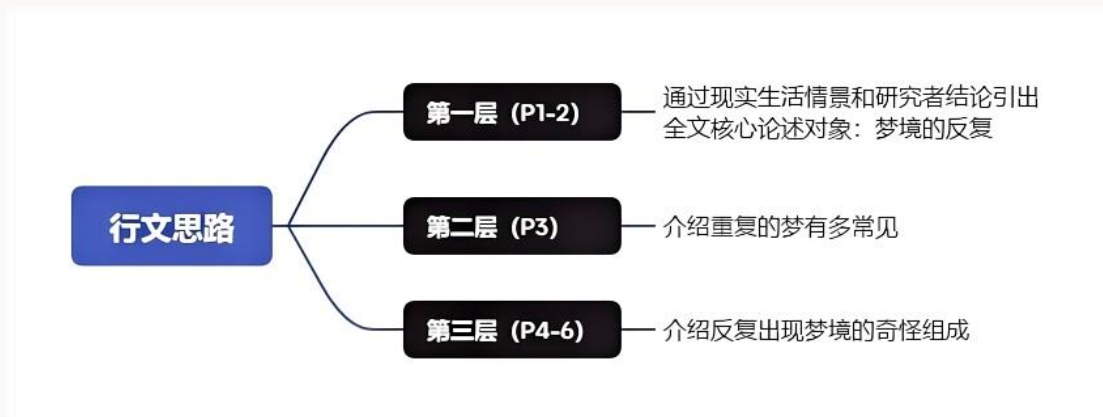
(2) 修饰：

• 直接引语：These dreams “often correlate with periods...or significant life changes (主+谓+宾)

• Deirdre Barrett 同位语，提供背景身份信息：a dream researcher at Harvard Medical School and author of the books *The Committee of Sleep* and *Pandemic Dreams*.

- 介词短语作后置定语，修饰 period: of heightened stress
 - 现在分词短语作伴随状语：suggesting (that) ...
 - that 引导宾语从句：that they may serve as indicators of underlying anxiety
- 译文：哈佛医学院梦境研究员、《睡眠委员会》与《大流行之梦》作者迪尔德丽·巴雷特（Deirdre Barrett）表示，这些（重复出现的）梦“常与高压时期或重大的人生变化相关，这表明它们可能是潜在焦虑的指标”。

✿ 行文思路



✿ 类似真题速览

真题	内容
2005 年 T3	讲梦境对感情影响（话题类似——都讲梦境）
2019 年英语二 T1	内疚感可能是好事（体裁类似——属于科技话题，讲解心理新发现）
2021 年英语二 T4	直觉有时比深思更准确（体裁类似——属于科技话题，讲解心理新发现）
2015 年英语二 T1	金钱与快乐（体裁类似——属于科技话题，讲解心理新发现）
2008 年 T1	压力下的女性（内容对比类似——对比男女差异）

✿ 相似真题速做

2008 T1

While still catching up to men in some spheres of modern life, women appear to be way ahead in at least one undesirable category. “Women are particularly susceptible to developing depression and anxiety disorders in response to stress compared to men,” according to Dr. Yehuda, chief psychiatrist at New York’s Veteran’s Administration Hospital.

Studies of both animals and humans have shown that sex hormones somehow

affect the stress response, causing females under stress to produce more of the trigger chemicals than do males under the same conditions. In several of the studies, when stressed-out female rats had their ovaries (the female reproductive organs) removed, their chemical responses became equal to those of the males.

21. Which of the following is true according to the first two paragraphs?

- [A] Women are biologically more vulnerable to stress.
- [B] Women are still suffering much stress caused by men.
- [C] Women are more experienced than men in coping with stress.
- [D] Men and women show different inclinations when faced with stress.

