

**問題 1** 次の英文を読み、以下の問いに答えなさい。

出典 Harvard Health publishing (<https://www.health.harvard.edu/sleep/how-sleep-deprivation-can-cause-inflammation>) より抜粋

問1 ( ① ) に当てはまる最も適切な語句を1つ選び、番号で答えよ。

1. immune
2. health
3. repair
4. blood
5. antioxidant

問2 下線部②と同じ意味で使われている語句を文中から5つ抜きだし答えよ。

問3 ベータアミロイドの脳への蓄積の結果、睡眠の質はどうか。日本語で説明せよ。

問4 下線部③の The problem とは、どのようなことか。日本語で説明せよ。

**問題 2** 次に示す a~j の各英文の内容に最も適する語句を選択肢の中から 1 つ選び、番号で答えなさい。

- a. A type of observational research that analyzes data collected from past events. It's often used in medical research to establish associations between risk factors and disease outcomes.
- b. The branch of medicine which deals with the incidence, distribution, and possible control of diseases and other factors relating to health of people.
- c. A molecule that carries the genetic instructions for growth, development, and reproduction in all living organisms. It's structured as a double helix composed of four types of nitrogen bases.
- d. An approach that addresses the whole person's needs, not just their disease.
- e. A protein made by the immune system to protect the body from harmful substances, called antigens.
- f. A legal document that specifies what actions should be taken regarding an individual's health if they are no longer able to make decisions due to illness or incapacity.
- g. A component of the peripheral nervous system that regulates involuntary bodily functions such as heart rate, digestion, respiratory rate, and pupillary response.
- h. A decrease in the number of live births per unit of population over a specific period, often measured as a rate per 1,000 population.
- i. A syndrome characterized by progressive and generalized loss of skeletal muscle mass and strength, often associated with aging.
- j. Health complications that arise a significant time after exposure to radiation.

【 選択肢 】

1. antibody	2. autonomic nerves	3. comprehensive care
4. declining birthrate	5. DNA	6. epidemiology
7. retrospective study	8. living will	9. late-onset disorders
10. sarcopenia		