受験番号		氏　名	

2026 年度東京医科大学大学院

看護学研究科看護学専攻(修士課程)

入学者選抜　第 2 期

外国語試験(英語)　問題

注１）　指示があるまで中を開かないでください

注２）　監督者の指示に従って、解答用紙の該当箇所に受験番号、氏名、志望分野名を記載してください

注３）　試験終了後、本冊子は回収します

問題　以下の文章を読み、問１、問２に答えなさい。

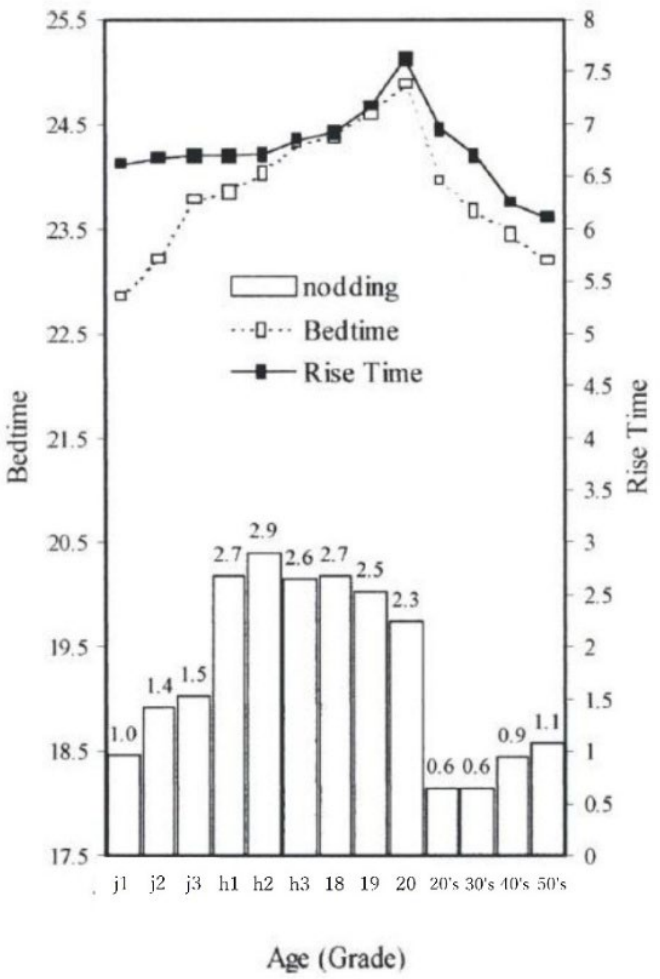


Figure 1 shows the age-related change of bedtime and rise time of the participants.　While bedtime linearly delayed with age throughout the adolescent period (from junior high school to university age), rise time remained constant until high school ages.　As a result, total nocturnal sleep time considerably decreased during this period.　Then, rise time delayed with age during the university age period.　Daytime sleepiness, which was measured by the number of nodding per day, increased with age peaking at high school age then decreased gradually during university age.　The adult samples showed fairly low daytime sleepiness in any generation, compared with these adolescent groups.

＊nodding　うとうとする、居眠りする
＊nocturnal　夜間の

Kazuhiko Fukuda ,　Kaneyoshi Ishihara
Age-related changes of sleeping pattern during adolescence
Psychiatry and Clinical Neurosciences (2001), 55, 231-232

問１　200 字以内で要約せよ。

問２　図１より 20 歳の睡眠の特徴を日本語で簡潔に述べよ。