

英 語 問 題 紙

経済学部 1・2 部

経営学部 1・2 部（経営学科）

工学部（社会環境工学科 社会環境コース）
電子情報工学科

2025 年 2 月 10 日

14:10～15:10（60 分）

注 意 事 項

1. 英語の問題紙は全 13 ページである。

問題は学部（1・2 部の区別を含む）によって異なる。受験者は下表にしたがって問題に解答すること。

学 部 名	問 題
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2. 解答は選択肢の中から選び、その記号を解答用紙の指定された欄にマークすること。
3. 試験開始の合図があるまで問題紙を開いてはいけない。
4. 試験終了まで退室してはいけない。

There's a Better Way to Wake Up

Not everyone is a morning person. Some people practically leap out of bed in the morning, while others dread dragging themselves out from under the covers. Every morning, your brain needs to transition from sleep to waking. “It takes us a little while for our brains to come back online after we’ve woken up,” says Andrew McHill, director of the Sleep, Chronobiology, and Health Laboratory at Oregon Health and Science University. While your brain is booting up, you might get a hazy, confused feeling. Known as “sleep inertia” or “sleep drunkenness,” this feeling is normal and typically lasts for 20 to 30 minutes after we wake up, McHill explains. However, if it lasts longer than that, it could be for various reasons, McHill says, including insufficient or poor sleep, the sleep phase you were in when you woke up, or even a sleep disorder. What can you do about morning grogginess? Here are some things to help you wake up feeling your best.

For a start, keep a consistent sleep schedule, and get enough of it. Although McHill recognizes it is easier said than done, he says the best way to feel less groggy in the mornings is to get enough sleep. While sleep experts usually recommend between seven and nine hours, the amount of sleep you need can vary from person to person. Experts also say that consistency is important. Going to bed and getting up at the same time every day, even on weekends, can help you wake up and fall asleep more easily. “Our circadian system is constantly trying to predict the regular changes that occur in the 24-hour day to optimize our physiology best to meet that,” Helen Burgess says. For example, before you wake up, your body prepares itself to meet the day by producing the stress and alertness hormone cortisol and other hormones. If your sleep schedule constantly shifts, “it’s harder for the circadian system to predict when you’re going to wake up.”

Sleep research typically classifies people into two categories, called chronotypes: night owls and early birds. Night owls prefer to sleep and wake later, while early birds prefer to sleep and wake up early. Recent research shows that this binary is more of a spectrum, and it’s possible people might find themselves somewhere in between. Our society loves an early bird, so you may have been overwhelmed with advice to start your day earlier. Also, evidence suggests early rising correlates with improved mood and job performance. One 2021 study showed that setting your alarm just an hour earlier can relieve depressive symptoms.

Meanwhile, other studies correlate night owl tendencies to mood disorders and other diseases. However, whether night owls should try to shift their circadian clocks is a source of controversy

in the sleep field. Burgess explains that night owls' poor health might not be because of their natural sleep patterns but because they had to sacrifice sleep to meet work or social obligations in a world designed for early risers.

There is also little we can do about our natural preference for when to go to bed, explains Molly Atwood, assistant professor of psychiatry and behavioral sciences at Johns Hopkins University. She says our chronotypes are genetic and hardwired into us at the cellular level. That's why Atwood recommends listening to your body, and not trying to shift your chronotype unnecessarily. "There's evidence that when you sleep at a time that is mismatched with your body it can be linked to physical health problems," she says.

Our brains have evolved a system to control sleepiness and alertness on a 24-hour cycle based mainly on light. This circadian cycle is overseen by a network of neurons in the hypothalamus, one of the oldest areas of the brain. These cells are light-sensitive; they kickstart the production of the sleep-regulating hormone melatonin when it is dark, then shut it off when it is light. Studies show that light is vital to establishing consistent, healthy circadian rhythms. Morning light can increase alertness and be a pretty effective antidepressant. "It's a strong signal to your circadian system," Burgess says. "It's probably the most beneficial light we get during the day." At night light can confuse our circadian systems, making it harder for us to fall asleep. That is why putting your phone away and turning down the lights at night can help. Furthermore, later chronotypes are more sensitive to artificial light, so being a night owl might have to do with the light environment as much as genetics.

Quit the snooze button and wake up a little more gently. Relying on the snooze button can make you feel worse as snoozing causes something called sleep fragmentation. An alternative is a light-based alarm clock that gets brighter and brighter. While it is not sunlight, some studies show that artificial light in the morning can improve mood and reduce sleep inertia.

"Exercise is a great way to improve sleep," Burgess says. She explains that exercise improves the restorative sleep — so-called slow-wave sleep — we fall into. This can help you feel more rested when you wake up the next day. There is some evidence that exercise can help people fall asleep faster. However, overdoing it right before bed, or heavier-than-normal exercise in the evening, can lead to sleeplessness. "Depending on the exercise, if it's intensive cardio work, it can take the body a while to wind down after that," Burgess says.

Stay away from alcohol and caffeine; they can disrupt that all-important slow-wave sleep— "even a basic cup of coffee in the morning around 7 a.m.," Burgess says. She recognizes that people are unlikely to give up their caffeinated beverages, so she suggests stopping drinking caffeine at

around noon. Avoiding alcohol can also help you get better sleep. Studies show that alcohol can help you fall asleep, but the sleep you get will likely be lower quality. “Alcohol is the number one sleep aid,” Burgess says. “But it will disrupt your sleep later, so it’s not good.”

If you are getting enough sleep and still feel tired, it might be worth visiting a sleep specialist and ruling out a sleep disorder, Atwood says. “There are lots around, and we have pretty effective treatments to help get better quality sleep or feel more alert in the morning.”

問1 *Choose the best answer based on the reading.*

1. Sleep inertia refers to . . .
 - A. feeling like jumping out of bed in the morning.
 - B. feeling foggy for 20-30 minutes after waking up.
 - C. feeling your best after waking up in the morning.
 - D. feeling wide awake 20 minutes after waking up.
2. What helps your sleep cycle?
 - A. Getting more sleep and feeling less groggy.
 - B. Having regular changes to your sleep schedule.
 - C. Keeping regular sleeping times.
 - D. Varying the amount of sleep you need.
3. Recent sleep research indicates . . .
 - A. early birds prefer to wake earlier.
 - B. night owls prefer to sleep later.
 - C. chronotypes cannot be so clearly distinguished.
 - D. there are too many chronotypes.
4. How do societal duties impact night owls?
 - A. They become healthier.
 - B. They get less sleep in order to fit in.
 - C. They have to sacrifice work for sleep.
 - D. Their mood improves.

5. According to Atwood, what can we do about our natural sleeping rhythms?
 - A. Become physically stronger.
 - B. Shift our chronotypes.
 - C. Follow our sleepiness.
 - D. Wire up our brains.
6. The neurons in the hypothalamus are . . .
 - A. effective antidepressants.
 - B. regulated by age.
 - C. shut off at night.
 - D. affected by light.
7. Which of the following interferes with feeling good when starting your day?
 - A. Repeated waking and dozing.
 - B. Using a light-based alarm clock.
 - C. Waking up gradually.
 - D. Waking up to natural light.
8. Which might help you improve getting to sleep?
 - A. Doing intensive workouts in the evenings.
 - B. Doing some form of active movement.
 - C. Feeling rested when you wake up.
 - D. Working out just before going to sleep.
9. How do alcohol and caffeine affect the quality of your sleep?
 - A. They promote sound sleep.
 - B. They are hard to give up.
 - C. They disturb your sleep.
 - D. They help keep you awake.
10. If you are getting enough sleep but still feel tired, Atwood recommends . . .
 - A. reordering your rules for sleeping.
 - B. talking to a professional.
 - C. treating yourself to better quality sleep.
 - D. getting treatments in the morning.

問2 Complete the following table.

Various Research Findings and Evidence about Sleeping
When you want to improve your state of mind, you should (11).
Mood disorders can happen more easily to those who prefer to sleep (12).
Sleeping at a time that is not matched with your body can (13).
(14) can help you be more alert and mentally healthy.

11. A. not use your alarm and leave your curtains closed to avoid morning light
B. set your alarm an hour earlier than when you want to wake up
C. not think of your job performance
D. improve your job performance
12. A. early and wake up early
B. late and wake up late
C. early and wake up late
D. continuously and wake up early
13. A. change your genetic chronotype
B. increase our cellular activity
C. lead to physical diseases
D. help your chronotype
14. A. Reducing melatonin production
B. Reducing consistent circadian rhythms
C. Having morning light
D. Having a night light

問3 Mark A for TRUE and B for FALSE for each of the following statements.

15. Your body prepares for the day by making stress and alertness hormones before you wake up.
16. People who wake up early are more sensitive to artificial light than those who wake up late.
17. A light-based alarm clock that gradually increases brightness can enhance the wake-up process.
18. Drinking beer neither helps you fall asleep nor leads to good-quality sleep later in the night.

2

次の 19 ～ 26 の空所に入れる語句として最も適切なものを A ～ D の中から選べ。

19. X: I think we should keep the original plan for the project.
Y: You're right, adding more rules would just () our work.
A. complicate B. collaborate C. hesitate D. migrate
20. X: What's the main topic of our discussion today?
Y: Our () focus is on renewable energy sources.
A. contrary B. ordinary C. stationary D. primary
21. X: A lot of species have been disappearing from around the globe every year.
Y: Definitely, we should do something to save them from ().
A. extinction B. preparation C. destination D. demonstration
22. X: We need to give out these flyers for the club event.
Y: Let's () them across the dorms to reach more people.
A. advocate B. discard C. relocate D. distribute
23. X: Our son is spending too much time online.
Y: I think it's time for some ().
A. convention B. extension C. intervention D. invention
24. X: I have to go to the health center for a vaccination.
Y: It's quick, just a small () and you're done.
A. affection B. injection C. objection D. projection
25. X: Did you read my report about the company I visited?
Y: Well, it's a bit too long for a report. Why don't you () it to make it easier to understand the main points.
A. expand B. extend C. summarize D. surpass
26. X: John shouted something awful at me. He's so annoying.
Y: Don't take it too hard. He may have () used some horrible words to attract your attention.
A. essentially B. deliberately C. considerably D. virtually

27. X: A wind chill warning has been issued in Calgary.

A. have told B. have been told
C. tell D. told

A. is B. are C. will be D. was

A. a capable manager B. a manager capable
C. capable managing D. managing capable

A. with B. on C. over D. at

A. had better B. will C. might D. may

A. he wanted B. did he want
C. does he want D. he does want

A. jump B. jumped C. jumping D. to jump

A. a serious conversation B. serious conversation
C. the serious conversation D. serious a conversation

35. It's not () science. All you need is just to follow the instruction step by step.

- A. space B. rocket C. hard D. earth

36. Anna gave me a ride to the airport, and in (), I offered to pay for gas.

- A. general B. aspect C. return D. secret

それぞれの会話の空所に入れる最も適切な選択肢を A ～ D の中から選べ。ただし、同じ選択肢が2箇所に入ることはない。

Miku: Excuse me. Do you have this red hoodie in a medium size?

Clerk: All the hoodies are over there. (37)

Miku: I see blue ones on the shelf. But I couldn't find any red ones there.

Clerk: (38) I'll check the stock on this terminal.

Miku: No problem. I'll wait.

Clerk: Hmm. I'm sorry, the red ones are all out of stock at this store now.

Miku: Oh no. I really wanted a red one. It's a birthday gift for my friend. Do you know when it might be restocked?

Clerk: Oh, you're in luck! (39) I'll arrange for it to arrive here by this weekend.

- A. The medium hoodies are on the middle shelf.
- B. I'll see if a large blue one is available.
- C. I just found one in stock in Vancouver.
- D. Can you give me a second?

Kazuko: Excuse me. I'm looking for the apartment complex, Sunny Village on 30th Street. I think I'm lost.

Tim: I'm afraid I'm not familiar with this area. Let me check it with Google Maps. Let's see . . . The street is actually quite far from here. (40)

Kazuko: Oh, I meant to say, '13th Street,' not '30th Street.' I apologize for the confusion.

Tim: No problem. (41) It's only a 2-minute walk from here.

Kazuko: Could you tell me how to get there?

Tim: Sure. Go straight for five blocks and turn right. Then you'll see a park on your left. (42)

Kazuko: Excuse me? It's opposite what?

Tim: Sunny Park.

- A. Oh, here it is.
- B. You can't miss it.
- C. The complex is opposite the park.
- D. Are you sure it's on the 30th?

5

次の文章の空所に入れる文として最も適切なものを A ～ D の中から選べ。ただし、同じ文が 2 箇所に入ることはない。

著作権の都合上、省略。

Nature and Types of Services, toppr

Read the following information and answer the questions.

(1部および工学部受験者のみ)

Home Farming Top Tips

If you take the time and effort to grow vegetables, you want to be successful. Naturally, you must consider your climate, how much rain you get, and how windy it is, but to increase chances of a greater reward, companion planting is also important.

Companion planting is placing plants in the soil with other plants so that they complement one another. For example, if you plant basil near tomatoes, then not only do the tomatoes grow well, but also the fruit tastes better.

The most important factor to consider is the soil. With good soil, plants will give you a good crop. Blueberries like slightly acid soil as do beans and broccoli, although blueberries can survive in neutral soils too. Adding manure made from chicken droppings can help make soil more acidic. On the other hand, leeks and cabbages like alkaline soil. Indeed, they are good companions. However, it is not because of soil type, but because leeks may help keep common pests away.

Another factor to consider is planting strategic neighboring plants. There are two reasons for this: one is the nutrients each plant takes from the soil, and the other is the depth of the roots. If you plant cucumbers and tomatoes together both plants require a lot of nutrients, light, and moisture. They both need adequate space around them. Therefore, they will compete, and consequently, you may sacrifice your harvest. If you plant strawberries between asparagus, the asparagus plant roots go deeper into the soil drawing minerals up from below whereas strawberries have shallow roots. Thus, nutrients are not taken from the asparagus.

Looking at nutrients taken from the soil, this factor is not only important in the year you plant, but also in preceding years. It is advised not to plant tomatoes where potatoes were grown the previous year. This is due to the fact they are plants from the same family and can be attacked by the same diseases or pests.

There is a lot to consider and be aware of when planting your vegetables. However, the rewards you reap make the effort worthwhile.

46. What is this article mainly about?

- A. How to find a companion in your garden.
- B. How to consider the climate in your garden.
- C. How to make roots go deeper.
- D. How to grow plants together.

47. Which plant can grow in both acidic soil and neutral soil?
- A. Beans.
 - B. Blueberries.
 - C. Broccoli.
 - D. Leeks.
48. Why are leeks a good companion plant for cabbages?
- A. Leeks protect cabbages from pests.
 - B. They are from different families.
 - C. They both have deep roots.
 - D. To save on space.
49. If you have to plant cucumbers and tomatoes side by side, for the health of the plants, you should . . .
- A. give them chicken manure.
 - B. leave enough space between the plants.
 - C. protect them from wind.
 - D. water them daily.
50. Why is it good to plant strawberries and asparagus together?
- A. The depth of their roots is different, so they do not compete for nutrients.
 - B. They are different heights, so they do not compete for light.
 - C. They have different pests and protect each other.
 - D. They like different soils, so they do not compete for nutrients.
51. Why is it not good to plant tomatoes where potatoes grew the previous year?
- A. They compete for moisture and light.
 - B. The roots reach different depths.
 - C. They have common enemies.
 - D. The soil lacks nutrients tomatoes need.
52. Why should you pay attention to companion planting?
- A. You can ignore your climate.
 - B. You need to have the time and make the effort.
 - C. Your vegetables grow slower, and therefore better.
 - D. You will get a better crop.

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