

2023年度 英語入試問題

(2023年2月24日実施)

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[注意]

1. 試験監督者の指示があるまで、問題冊子や筆記用具に触れないでください。触れた場合は、不正行為とみなすことがあります。
2. 試験中の使用が認められたもの以外は、すべてカバンに収納すること。使用用具は、黒鉛筆またはシャープペンシル、消しゴム、鉛筆削り（手動式・小型に限る）とし、それ以外の使用は認めません。
3. 携帯電話、スマートフォン、イヤホン、ウェアラブル端末、電子辞書、ICレコーダーなどの電子機器類は、必ず電源を切ってから、カバンに収納すること。
4. 試験開始の合図により、試験を始めてください。
5. 解答は、すべて「解答用紙」の所定の欄に記入すること。
6. 試験終了の合図とともに直ちに筆記用具を置いてください。試験終了後に解答用紙や筆記用具に触れた場合は、不正行為とみなすことがあります。試験監督者が指示するまで、絶対に席を立たないでください。
7. 問題冊子および解答用紙は、試験終了後にすべて回収するので、持ち帰ってはいけません。

【 1 】 以下の英文を読み、各設問に答えなさい。

Myth* or fact? If you lie in bed long enough, you'll fall asleep

Myth. When it comes to sleep no-nos, experts say this is a big one. Lying in bed, even with your eyes closed, for more than 15 to 20 minutes is one of the worst things you can do because it will train your brain to associate the bed (1) a lack of sleep. It can lead to chronic insomnia*, Michael Grandner, a clinical psychologist* and sleep expert, told CNN in an earlier interview.

“It’s counterintuitive*, but spending time in bed awake (A)turns the bed into the dentist’s chair,” said Grandner, who directs the sleep and health research program at the University of Arizona and the Behavioral Sleep Medicine Clinic at the Banner-University Medical Center in Tucson, Arizona.

“You want the bed to be like your favorite restaurant, where you walk in and you start getting hungry, even if you just recently ate,” he added. “You want the bed to do that for sleep.”

Myth or fact? You shouldn’t check your smartphone if you wake in the night

That’s a fact. Banning smartphones (or any electrical device that emits* blue light) from the bedroom an hour or so before bed and all through the night is a must for good slumber*, experts say. Light tells the body to stop producing melatonin*, the body’s natural sleep aid, and studies have shown that blue light is especially toxic* to sleep.

So when you get out of bed after 20 minutes of sleeplessness, (2) bright light, watching TV or checking social media. Instead, keep the lights dim* and do something mindless, such as folding socks.

Myth or fact? You shouldn’t let your dog or cat sleep in your bed

Actually, it depends. Not long ago the answer from any sleep expert would have been a definitive* no. But today, some experts are seeing the benefits of cuddling* in bed with a furry* loved one, at least for (B)a select group of people.

“Pets are making a comeback,” said sleep specialist Dr. Raj Dasgupta, an associate professor of clinical medicine at the Keck School of Medicine at the University of Southern California. “For people with anxiety, depression or post-traumatic* stress, having a bed buddy may be helpful in fostering* sleep.”

Children, too, may sleep (3) with a pet accompanying them, studies have shown. But people who are light sleepers may find their sleep disturbed by too many “micro-wakenings,” which can be

harmful to health. In those cases, pet owners may find (c) (a) on (b) keep (c) they (d) pets (e) to (f) need) the floor at night or ban them from the bedroom entirely.

Myth or fact: Exercising in the evening will disrupt* sleep

That's a myth that used to be a fact "in the olden days," Dasgupta said.

"Now the data shows that exercise at any time is better than not exercising (4) all the medical benefits, and it helps with stress reduction, which aids sleep," he said. "The data about not exercising at night is when you're doing extreme workouts like Olympic athlete-type exercises."

People who exercised for 35 minutes right before bed slept as well as they did on nights when they didn't exercise at all, a 2011 study found. If working out at night does affect your sleep, experts suggest exercising early in the evening so your heart rate and body temperature can return to normal before (d) you hit the hay*.

"If you ask me when's the perfect time to exercise, I think it's gonna be in the morning and outside in daylight. It resets the circadian* rhythm and starts the day off with vigor*," Dasgupta said. "But if nighttime exercise is best for you, that's fine."

Myth or fact? You can catch up on sleep on the weekends

Who doesn't believe this one? (5), the science says we're wrong. We may feel better after (e) sleeping in on a Saturday or Sunday morning, but it will be to the detriment* of our overall sleep health, experts say. By changing your wake-up time and bedtime on weekends (or day to day), your sleep rhythms aren't predictable, which can alter the body's circadian rhythm.

"You want to build a reliable rhythm, much like the drummer counting the beat for the band," Grandner said. "By controlling when you wake up and go to bed, you're setting the beat."

Overcome this myth by going to bed and getting up at the same time each day, even on weekends, vacations or after a night of poor sleep.

"The brain likes regularity and predictability," he added. "Waking up at the same time every day and then adding light and movement as soon as you wake up will set your other rhythms for the day and give you increased energy and mood."

注) myth* 神話 chronic insomnia* 慢性的な不眠症 clinical psychologist* 臨床心理学者
counterintuitive* 直感に反している emit* 放射する slumber* 眠り
melatonin* メラトニン toxic* 有毒な dim* 薄暗い definitive* 決定的な
cuddling* 抱きしめること furry* 毛のふさふさした post-traumatic* 外傷後の
foster* 育む、促進する disrupt* 中断させる hay* 干し草 circadian* 24時間周期の
vigor* 活力 detriment* 損失

【出典】

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問1 空所(1)~(5)に入れるのに最も適切なものを、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1)

- ① with ② on ③ over ④ from

(2)

- ① accept ② forgive ③ avoid ④ expose

(3)

- ① just as well ② just in case ③ no less than ④ no more than

(4)

- ① in spite of ② except for ③ due to ④ by means of

(5)

- ① Sadly ② Happily ③ Fortunately ④ Suddenly

問2 下線部(A)(B)(E)の語句の意味と最も近いものを、次の①～④から一つずつ選び、番号で答えなさい。

(A) turns the bed into the dentist's chair

- ① is like enjoying the atmosphere ② is like spending time excited
③ is like complaining about the situation ④ is like having a painful experience

(B) a select group of people

- ① people who love animals ② people who are good sleepers
③ people who worry a lot ④ people who have children

(E) sleeping in

- ① falling asleep ② sleeping longer than usual
③ having a good dream ④ sleeping in peace

問3 本文の内容に合うように下線部(C)の①～⑥の語を並べ替えるとき、前から2番目と4番目にくるものの最も適切な組み合わせを、下の①～④から一つ選び、番号で答えなさい。

(C) (① on ② keep ③ they ④ pets ⑤ to ⑥ need)

- ① ②-⑤ ② ⑥-③ ③ ②-④ ④ ③-⑥

問4 下線部(D)が示す内容として最も適切なものを、次の①～④から一つ選び、番号で答えなさい。

- ① you get tired ② you get to work ③ you go to bed ④ you prepare the bed

問5 次の(1)~(6)について、本文の内容と一致するように下線部に入る最も適切な表現を、それぞれ

①~④から一つずつ選び、番号で答えなさい。

(1) When you can't get to sleep in bed, _____ . 11

- ① you should get out of bed and do something exciting
- ② you should eat so as not to feel hungry
- ③ you should leave the bed and calm your mind
- ④ you should relax with your eyes closed

(2) Keep smartphones away from bedrooms, because _____ . 12

- ① blue light from smartphones prevents your body from producing melatonin
- ② blue light from smartphones helps create chemicals that keep you awake
- ③ bright light hurts your eyes
- ④ bright light makes you mindless

(3) Studies have shown that _____ . 13

- ① sleeping with pets has positive effects for all of us
- ② children should sleep with pets every day
- ③ pets can relax when they sleep with their owners in bed
- ④ sleeping with pets can be helpful or unhelpful depending on the person

(4) According to sleep studies, _____ . 14

- ① physical activity reduces stress when you are an athlete
- ② exercise at night won't harm your sleep unless it's too hard
- ③ people who exercised for 35 minutes at night slept better than those who did not
- ④ it is commonly accepted that the best time to exercise is in the morning

(5) Even if you don't get enough sleep on weekdays, _____ . 15

- ① you should keep regular hours
- ② it doesn't matter if you sleep a lot on other days
- ③ you'll create a rhythm in your life by beating the drums
- ④ you would feel better after a short 15-minute sleep at noon

(6) This article suggests that _____ . 16

- ① exercising at night makes it easier for you to get up
- ② the more you work out, the longer you sleep
- ③ you can exercise at a time that suits you best to reduce stress and sleep better
- ④ you can catch up on exercise on the weekends

問6 次の英語の質問に対する答えとして最も適切なものを、下の①～④から一つ選び、番号で答えなさい。 17

Question: To get good sleep habits, which of the following ideas does the author recommend?

- ① You should exercise every day at exactly the same time to get the energy you need.
- ② You should maintain a regular sleep schedule in order to have a healthy daily routine.
- ③ Even if you are awake in bed, just close your eyes to get the same effect as sleeping.
- ④ Daily exercise should be limited to 35 minutes or less so as not to affect sleep.

【2】 次の(1)~(5)の会話文の空所に入れるのに最も適切なものを、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1) 18

A : Ken, did you just finish the math exam?

B : Oh, hey, Mary. Yeah. _____

A : Really? I struggled with it. It took a lot of effort.

B : The last few questions were tougher, but overall the exam was a walk in the park.

- ① Did you take the exam too?
- ② I thought it was easy enough.
- ③ I am wondering I might fail the exam.
- ④ I'm afraid it was too difficult for me.

(2) 19

A : Mom! Did you know you could save a lot of time and money by learning Internet skills?

B : Oh, really! Technology is so confusing. Moreover, (_____)

A : Let me help you. First, you learn how to surf the net. Just point and click.

B : That seems simple enough.

- ① I don't have a computer.
- ② I like to learn old languages.
- ③ I am eager to learn new things.
- ④ I'm too old to learn.

(3) 20

A : This spaghetti is so delicious.

B : Thank you. It's actually quite easy to make.

A : Really? Would you mind showing me sometime?

B : _____

- ① Never mind.
- ② Well, I'll remember it.
- ③ OK. Take it easy.
- ④ Certainly not.

(4) **21**

A : I'm gaining more and more weight.

B : What? You're in good shape.

A : I can't fit into my favorite dress. It's too tight.

B : _____ You can change your weight by what you eat.

- ① How did you gain weight?
- ② You should take more exercise.
- ③ How about going on a diet then?
- ④ I hope you are OK like this.

(5) **22**

A : What an adorable baby! He takes after you!

B : No, _____. He has his father's eyes and nose.

A : Yes, but he has your hair and smile!

B : It's nice of you to say that.

- ① he doesn't look like me at all
- ② he doesn't like me at all
- ③ his father doesn't look after him
- ④ he isn't anything like his father

【3】 次の(1)~(5)について、与えられた日本文の意味になるように () の語 (句) を並べ替えるとき、2番目と4番目にくるものを、それぞれ下の①~⑤から一つずつ選び、番号で答えなさい。ただし、文頭にくる語 (句) も小文字にしています。

(1) 適度な運動をすることは体にいいです。

2番目: 4番目:

It will (① you ② to ③ take ④ good ⑤ do) moderate exercise.

(2) 君はそろそろ髪を切ってもいいころです。

2番目: 4番目:

It is (① had ② about ③ time ④ a haircut ⑤ you).

(3) 野菜を食べないのは体によくありません。

2番目: 4番目:

(① vegetables ② is ③ not ④ eating ⑤ bad) for your health.

(4) 人は付き合い合う仲間で見えます。

2番目: 4番目:

A man is (① the company ② he ③ keeps ④ known ⑤ by).

(5) アリは社会的な動物と言われるのをよく聞きます。

2番目: 4番目:

We (① often ② said ③ hear ④ it ⑤ that) ants are social animals.

【4】 次の(1)~(10)の英文中の空所に入れるのに最も適切なものを、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1) When you read a book, you must read between the (). 33

- ① words ② lines ③ pages ④ stories

(2) I'm busy with my own homework, so don't count () me. 34

- ① over ② off ③ on ④ in

(3) Speak of the () and he is sure to appear. 35

- ① world ② heaven ③ soul ④ devil

(4) The baseball player () the record for home runs in a season. 36

- ① entered ② broke ③ mended ④ opened

(5) The audience gave the actors () hand. 37

- ① a big ② a great ③ an enormous ④ a wonderful

(6) We have a very important guest today, so you have to () yourself. 38

- ① blame ② steal ③ behave ④ remove

(7) The family moved to the seaside for the () of their children's health. 39

- ① sake ② favor ③ effort ④ order

(8) I sent a () of flowers to my parents for their anniversary. 40

- ① group ② stream ③ string ④ bunch

(9) Babies () language naturally by listening to the people around them talking. 41

- ① have up ② look after ③ pick up ④ pay for

(10) The gold medalists were () themselves with excitement in the World Championships. 42

- ① for ② beside ③ above ④ below

英語 (20230224) 解答一覽

大問	解答 番号	正解	
1	1	①	
	2	③	
	3	①	
	4	③	
	5	①	
	6	④	
	7	③	
	8	②	
	9	②	
	10	③	
	11	③	
	12	①	
	13	④	
	14	②	
	15	①	
	16	③	
	17	②	
2	18	②	
	19	④	
	20	④	
	21	③	
	22	①	
3	23	①	完 解
	24	②	
	25	③	完 解
	26	①	
	27	④	完 解
	28	②	
	29	⑤	完 解
	30	②	
	31	③	完 解
	32	②	
4	33	②	
	34	③	
	35	④	
	36	②	
	37	①	
	38	③	
	39	①	
	40	④	
	41	③	
	42	②	