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大学院保健学研究科保健学専攻博士前期課程

大学院パブリックヘルス学環修士課程

外国語（英語）問題

注 意 事 項

1. 試験開始の合図があるまで、この冊子を開かないでください。
2. この冊子の本文は3ページです。
3. 解答は解答用紙に書いてください。なお、落丁、乱丁及び印刷不鮮明などの箇所がある場合には申し出てください。
4. 解答にあたっては次の点に留意してください。
 - (1) 解答用紙の指定された箇所に書いてください。
 - (2) 文字はわかりやすく、横書きではっきり書いてください。
5. 試験時間は60分です。
6. 答案は持ち帰ってはいけません。
7. 問題用紙と下書き用紙は持ち帰ってください。

I. 次の英文を読んで、問 1 ～問 5 に日本語で答えなさい。

Adults should aim to sleep at least six hours a day, a guide released by Japan's health ministry in February states. While the head of the expert panel that helped compile the guide said that sleep has been undervalued, will the country's sleeping habits change? The new guide was approved at a December 2023 study group meeting in Tokyo. Kurume University professor Naohisa Uchimura, head director of the Japanese Society of Sleep Research, told gathered panel members, "We've got some really good content. The question of how we can make this known to the general public is important."

It wasn't the first time Japan's Ministry of Health, Labor and Welfare has released sleep advice. Its 2014 "sleep guidelines" outlined 12 points including that "good sleep contributes to preventing lifestyle-related diseases," and called for improved quality of sleep and ensuring sufficient sleeping hours. A new feature of the guide is that (1) recommended sleeping hours are detailed by age group. It recommends infants aged 1 to 2 sleep for 11-14 hours a day, 3- to 5-year-olds 10-13 hours, elementary school students 9-12 hours, and junior high and high school students 8-10 hours. Elderly people are recommended to spend no more than eight hours in bed.

These suggestions are grounded in Japan's issues regarding sleep. The government's "Healthy Japan 21 (second phase)" project that began in 2013 set numerical targets for sleep. In a health ministry survey in 2009, respondents were asked "Have you gotten enough rest from sleep over the past month?" A total of 18.4% replied that they hadn't gotten "that much" rest or hadn't gotten sufficient rest "at all." The government aimed to lower (2) this figure to 15% over the next decade by fiscal 2022, but a survey in 2018 saw the corresponding figure rise to 21.7%.

Shorter sleeping hours among Japanese people was reflected in a 33-country survey by the Organization for Economic Cooperation and Development in 2021. The average sleeping time in Japan was the shortest among all surveyed countries at seven hours, 22 minutes -- over an hour shorter than the overall average of eight hours, 28 minutes.

The reason Japan's latest guidelines call for "six hours of sleep or more," is that recent studies have shown that extremely short sleeping hours increase the risk of health problems such as obesity, diabetes, and depression. Longer sleep is recommended for children because growth hormones that are essential for mental and physical development are said to be produced during deep sleep. On the other hand, (3) experts warned against "oversleeping" among the elderly, based on the latest research results showing heightened risk of developing Alzheimer's disease when they sleep for over nine hours.

Besides actual sleeping hours, the guide emphasizes the importance of feeling rested when waking up, and points out, "Being exposed to sunlight as much as possible during

the day regulates the body clock and makes it easier to get to sleep.” It additionally states, “Sleeping in a bedroom that is kept as dark as possible, without bringing in a smartphone contributes to good sleep.”

Uchimura stated, “After the war, Japanese people cut their sleeping hours and (spent more time) studying, contributing to economic growth and raising the level of education. And now they’re paying the price. Average life expectancy is long, but the lifespan of being healthy is not. The level of happiness is also low. We need to rethink things.”

If a person still has trouble getting to sleep even after their sleeping environment is improved, it might indicate a sleeping disorder such as insomnia, sleep apnea syndrome, or restless legs syndrome, which causes discomfort in the legs when sleeping. The guide calls for (4) prompt medical examination in such cases. However, there are only about 600 medical sleep specialists nationwide. Japan has around 100 medical institutions specializing in sleep, but they are concentrated in major cities.

A further problem is that even if there are specialists nearby, (5) it can be difficult for people to find a relevant medical institution, because the facilities cannot advertise having “sleep departments.” Rules regarding the names of medical departments are listed in detail in the enforcement regulations of Japan’s Medical Care Act so that patients can best choose departments corresponding to their conditions, but “sleep departments” are not permitted. Wataru Yamadera of the department of psychiatry and neurology at the Jikei University Katsushika Medical Center commented, “It’s a problem that people who have trouble sleeping end up lost about where they should go.” He said that patients with insomnia and narcolepsy often see psychiatrists, while those with sleep apnea often go to departments handling respiratory medicine, otolaryngology, cardiology or dentistry, while children go to pediatric doctors.

(The Mainichi, ‘Sleep has been undervalued’: Can Japanese change behavior to get better rest at night?, March 14, 2024 より一部改変して引用)

apnea	無呼吸
narcolepsy	居眠り病

問 1 下線部(1)について、高齢者に推奨される睡眠時間は何時間か。

問 2 下線部(2)はどのような回答をした者を指しているか。

問 3 下線部(3)について、専門家が決定の根拠とした研究結果を述べなさい。

問 4 下線部(4)を阻害する要因の中で、同じ段落で述べられている要因を 2 つ答えなさい。

問 5 下線部(5)に関連し、Wataru Yamadera さんが述べている睡眠に問題を抱えた成人患者がしばしば受診する診療科を全て答えなさい。