

令和8年度看護学科
一般選抜（前期日程）

英語

注 意 事 項

- 1 問題冊子は、監督者の指示があるまで開かないでください。
- 2 受験番号・氏名を解答用紙（2枚以上ある場合は、全ての解答用紙）に記入してください。
- 3 解答は、問題ごとに、解答用紙の所定の欄に記入してください。

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次の英文を読んで問いに答えなさい。

この部分につきましては、著作権の関係により、公開しません

Otake, Tomoko: Keeping your room at 26 degrees Celsius can help you sleep through summer's steamy nights — but how long should you leave the AC on?

<https://features.japantimes.co.jp/sleep-air-conditioning-summer-heat/>

Japan Times. (Published 2 August, 2024) 一部改変

問1 次の1)から5)の質問に対する答えとして、本文の内容に照らして、最も適当なものを(a)～(d)から1つずつ選び、解答欄に記入しなさい。

- 1) Which combination of factors makes it difficult to sleep on summer nights in Japan?
 - (a) High humidity during the day and temperature differences between rooms.
 - (b) Heat retained by buildings and the body's slower nighttime metabolism.
 - (c) Urban heat from traffic and limited access to air conditioning in older homes.
 - (d) Stored daytime heat in homes and consistently warm nighttime temperatures.

- 2) Why does the human body require a cooler environment to fall asleep effectively?
 - (a) Because cooler rooms reduce blood flow to the internal organs and help induce sleep.
 - (b) Because core body temperature needs to rise before sleep can begin.
 - (c) Because cooler air helps increase blood flow to the skin, allowing heat to escape.
 - (d) Because blood pressure and breathing slow down as the room cools.

- 3) Why is the use of air conditioner timers during sleep mentioned?
 - (a) To show that stopping the AC early can lead to poorer sleep later.
 - (b) To suggest that using less air conditioning is a good way to save money and energy.
 - (c) To claim that keeping the AC on all night is necessary for a good sleep.
 - (d) To argue that AC sleep habits are based on personal preference.

- 4) Why is sleep temperature preference compared across countries?
 - (a) To show that colder climates require lower room temperatures for sleep.
 - (b) To emphasize that climate change is affecting global sleep quality.
 - (c) To explain why different studies may report different ideal sleep temperatures.
 - (d) To illustrate that ideal room temperatures for good sleep are universal.

- 5) What is one suggested way to handle air conditioner disagreements in shared bedrooms?
 - (a) Set the AC timer to keep the bedrooms from getting too cold.
 - (b) Sleep separately and make physical adjustments to feel more comfortable.
 - (c) Let the warmer sleeper control the AC while the colder sleeper stays closer to it.
 - (d) Add more humidity to the air to make it feel warmer without changing the temperature.

問2 本文の内容に照らして、誤っているものを(a)～(e)から 2つ選び、解答欄に記入しなさい。

- (a) Temperature disagreements can be linked to differences in body size and heat sensitivity.
- (b) The body slows down during sleep, making cooler temperatures more suitable.
- (c) Couples often argue over the AC even when the temperature difference is small.
- (d) Younger people prefer warmer rooms because their bodies use energy faster.
- (e) According to the Health Ministry's guide, 28°C is the ideal temperature for summertime sleep.

問3 下線部 (イ)・(キ)の説明として最も適当なものをそれぞれ(a)～(d)から1つずつ選び、解答欄に記入しなさい。

(イ) this cooling process

- (a) cooling down the water in the bathtub
- (b) the outside temperature dropping as night approaches
- (c) lowering the temperature in the bedroom
- (d) the body's core temperature decreasing

(キ) stands by her research

- (a) She maintains her findings even when others suggest different results.
- (b) She shifts her view to match international research studies on temperature.
- (c) She accepts that her research may be biased by cultural factors.
- (d) She adjusts her research to match the Ministry's recommendations.

問4 空欄 [(ア)] ・ [(カ)] ・ [(ク)] に入る最も適当なものをそれぞれ(a)～(d)から1つずつ選び、解答欄に記入しなさい。

[(ア)]

- (a) turned
- (b) to turn
- (c) turning
- (d) to turning

[(カ)]

- (a) whose
- (b) that
- (c) whom
- (d) which

[(ク)]

- (a) regardless of
- (b) in addition to
- (c) in spite of
- (d) due to

問 5 下線部 (エ) ・ (オ) の [] の中の語 (句) を正しく並べかえたときに、2 番目と 5 番目にくるものを (a)~(g) からそれぞれ選び、解答欄に記入しなさい。なお、大文字にすべき文字も小文字で表記している。

(エ) [that, another, is, factor, affects, sleep quality, important] humidity.

- (a) that (b) another (c) is (d) factor (e) affects (f) sleep quality (g) important

Quarrels (オ) [couples, over, use, AC, among, the same, sharing] bedrooms are all too familiar.

- (a) couples (b) over (c) use (d) AC (e) among (f) the same (g) sharing

問 6 下線部 (ケ) find the middle ground とはどういうことか。本文中より複数の具体例をあげて、日本語で説明しなさい。解答は、解答欄に横書きで記入しなさい。

問 7 下線部 (ウ) one Chinese study の内容を、100 字以内の日本語で要約しなさい。解答は、解答欄に横書きで記入しなさい。