

Sentence Practice

• 정답 p. 79

C 다음을 /로 끊어 읽기를 표시하고, 빨간색으로 된 부분에 유의하여 해석해 봅시다.

^①Are you often tired and sleepy in the afternoon, especially after lunch? ^②You're not

alone! ^③Many people struggle to stay awake during this time. ^④Some think it's just

because they ate, but there's more to it than that.

^⑤Your body has a built-in clock that controls your daily cycle. ^⑥It tells you **when to wake**

up and when to sleep. ^⑦It also regulates your body temperature. ^⑧This temperature

change plays a big role in determining when you feel sleepy. ^⑨In the morning, your

temperature rises **to help** you wake up. ^⑩At night, it drops so you can sleep. ^⑪But here's

the interesting part: ^⑫Your body temperature also drops a little in the early afternoon.

^⑬When this happens, your brain sees it as a signal to rest. ^⑭That's why you suddenly feel

sleepy, even if you slept well the night before. ^⑮So next time you **find yourself yawning**

after lunch, don't blame the food! ^⑯Your body is just following its natural rhythm.