

Sentence Practice

• 정답 p.88

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

^①Your brain has its own special way of getting you to sleep. ^②As the day gets darker, your
_____ eyes send a signal to your brain, **which** begins to produce a hormone called melatonin.

^③The melatonin makes you sleepy, and soon it's bedtime. ^④Then, as a new day dawns,
_____ and your eyes see light again, your brain stops making melatonin. ^⑤Your body wakes up,
_____ and it's time to start the day.

^⑥Our natural supply of melatonin plays a big part in regulating our internal clock,
_____ **which** affects our sleeping and waking cycles. ^⑦Darkness stimulates its natural release
_____ while light suppresses it. ^⑧In addition to regulating our sleep cycle, melatonin affects
_____ our immune system. ^⑨If we suffer from loss of sleep due to a melatonin shortage, it
_____ will weaken our immune system, so we will get sick easily. ^⑩How can we make more
_____ melatonin in our bodies? ^⑪Turn off all lights and electronics while sleeping so that your
_____ body won't misread them as sunlight. ^⑫The less light there is in your surroundings, the
_____ more melatonin your body produces.
