

2026年3月13日

入学試験問題

英 語

(19) Could you pick me () at the station at eight o'clock tonight?

19

① away ② off ③ out ④ up

(20) You can decide () or not to take your driver's license test.

20

① when ② where ③ which ④ whether

問2. (1) ~ (10) の英文を①~④の語句を使って完成するとき、[] 内で3
番目に来るものを、それぞれ下の①~④のうちから一つずつ選べ。

(1) You might think Japanese is the only language spoken in Japan, but
in fact, some researchers say that [① are ② several
③ languages ④ spoken there]. 21

(2) I didn't know [① when she gave me ② to say ③ to my
mother ④ what] the car she had just bought. 22

(3) We need to [① to make ② reconsider ③ how to live
④ our lives] a brighter future. 23

(4) I was really happy that I [① could ② myself ③ make
④ understood] when I spoke Portuguese. 24

(5) I [① to the mountains ② than ③ go ④ would rather]
the seaside for summer camp. 25

(6) Walk as [① as ② slowly ③ can ④ you]. 26

(7) Let's [① right ② mail ③ by ④ inform him] away.
27

(8) I want to [① upgrade ② to ③ my smartphone ④ a
newer] model. 28

(9) My friend sent a job application to the company [① in which
② interested ③ was ④ she]. 29

(10) Remember to [① umbrella ② take ③ an ④ with]
you.

Ⅱ 次の英文を読み、下の問い（問1～3）に答えよ。

Teenagers who go to bed earlier and sleep for longer than their peers tend to have sharper mental skills and score better on cognitive^{注1)} tests, researchers have said.

A study of more than 3,000 young people showed that those who went to bed earliest, slept the longest, and had the lowest sleeping heart rates outperformed^{注2)} others on reading, vocabulary, problem solving and other mental tests. The researchers expected teenagers with healthy sleeping habits^(ア) to score better than those who slept poorly, but were surprised at the impact that even small differences in sleep made. “We think that it’s the sleep driving the better cognitive abilities, in part because we organize^(イ) our memories during sleep,” said Barbara Sahakian, a professor of clinical neuropsychology^{注3)} at the University of Cambridge.

A good night’s rest has long been linked (あ) better mental performance, but researchers are still trying to understand what happens in young people when crucial brain development coincides^{注4)} with a shift towards later bedtimes and less sleep overall.

Sahakian’s team and researchers at Fudan University in Shanghai analysed^(ウ) data from 3,222 young people in the brain development study, the largest long-term investigation into brain development and child health in the US. Those who took part had brain scans, took cognitive tests, and tracked their sleep using a smart watch. Even those with the best sleeping habits got less sleep than experts recommend^(エ), the study found. According to the American Academy of Sleep Medicine, 13- to 18-year-olds should have eight to 10 hours of sleep per night.

The teenagers fell into three distinct^(オ) groups. The first group, about 39%, went to bed the latest and woke up the earliest, sleeping on average seven hours

and 10 minutes a night. The second group, about 24%, slept for seven hours and 21 minutes on average. The (い) group, about 37%, went to bed the earliest, slept the longest, and had the lowest sleeping heart rates. They slept about seven hours and 25 minutes. While there were no meaningful differences in the educational achievements of the different groups, those in the third group scored highest on cognitive tests, followed by the second group, and the first group scored the worst. Brain scans showed that those in the third group had the largest brain volumes and best brain functions.

Sahakian said it was “surprising” that minor differences in sleep had such an impact, adding: “It suggests that small differences in sleep amounts accumulate ^{注5)} over time to make a big difference in outcomes.” For teenagers who want to improve their sleep and boost mental skills, Sahakian recommends regular exercise to help with sleep, and not using mobile phones or computers late in the evening.

Colin Espie, a professor of sleep medicine ^{注6)} at the University of Oxford, (う) was not involved in the study, said that one of the consequences of having highly evolved brains, which can perform complex tasks, is that we humans are particularly dependent on sleep, especially in the developing years ^{注7)}. He also mentioned that this research shows falling asleep late and getting less sleep is problematic, and there is no doubt this problem _(A) is worsened on school days, when young people need to get up relatively _(B) early for school and sleep a lot on the weekends to make up for it. He added: “We would do well as a society to place more emphasis _(C) on sleep by, (え), including more sleep health content into personal and social education at secondary school.” Oxford’s Teensleep Project proposes _(D) ways to help teenagers improve their sleep health.

Gareth Gaskell, a professor of psychology at the University of York, welcomed the focus on early adolescence ^{注8)}. “I would like to see more in the way of intervention studies ^{注9)} during adolescence so we can find out how to help

young people who might have poor sleep habits. Often, quite simple changes can be made to the bedtime routine, for example, around screen use, to improve the timing and (お) of sleep.”

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- 注1) cognitive 認知の、思考の
 注2) outperform ～に優る、～より優れている
 注3) clinical neuropsychology 臨床神経心理学（脳機能と行動の関係を研究する学問の一分野）
 注4) coincide 同時に起こる
 注5) accumulate 蓄積する
 注6) sleep medicine 睡眠医学
 注7) developing years 成長期
 注8) adolescence 青年期
 注9) intervention studies 介入研究（実験の参加者に何らかの働きかけを行い、その効果を検証する研究）

問1. 下線部(ア)～(オ)の意味として最も適当なものを、それぞれ下の①～④のうちから一つずつ選べ。

(ア) **31**

- ① 道具 ② 場所 ③ 食物 ④ 習慣

(イ) **32**

- ① 整理する ② 増幅する ③ 削減する ④ 産出する

(ウ) **33**

- ① 開始した ② 解放した ③ 分析した ④ 制作した

(エ) **34**

- ① 提示する ② 考察する ③ 推奨する ④ 禁止する

(オ) **35**

- ① 異なる ② 類似する ③ 連続する ④ 大規模な

(カ) **36**

- ① 音量 ② 体積 ③ 濃度 ④ 能力

(キ) **37**

- ① 再生された ② 研究された ③ 増加した ④ 進化した

(ク) **38**

- ① 習慣的 ② 文化的 ③ 創造的 ④ 比較的

(ケ) **39**

- ① 批判 ② 強調 ③ 活動 ④ 理論

(コ) **40**

- ① 提案する ② 強制する ③ 推測する ④ 観察する

問2. 空所 **(あ)** ~ **(お)** を埋める語句として最も適当なものをそれぞれ下の①~

④のうちから一つずつ選べ。

(あ) ① by ② to ③ under ④ without **41**

(い) ① latest ② more ③ moment ④ third **42**

(う) ① who ② whose ③ what ④ how **43**

(え) ① on average ② approximately
 ③ however ④ for example **44**

(お) ① accommodation ② duration
 ③ plantation ④ quotation **45**

問3. 本文の内容から判断して、下記の英文(1)～(5)を完成させるのに最も適当なものを、それぞれ下の①～④のうちから一つずつ選べ。

- (1) The researchers were surprised because _____ . 46
- ① even small differences in sleep had a big impact on mental performance
 - ② the difference in cognitive tests among the groups was very small
 - ③ people who slept longer tended to have higher heart rates
 - ④ younger people tended to sleep longer than older ones
- (2) The American Academy of Sleep Medicine says that 13- to 18-year-olds should have eight to 10 hours of sleep per night, _____ .
- 47
- ① but the study revealed that 10 hours of sleep was not enough for teenagers to develop sharp brains
 - ② but the study revealed that even those with the best sleeping habits got less sleep than that
 - ③ and the study revealed that the teenagers were sleeping too much
 - ④ and the study revealed that 10 hours of sleep was too long for teenagers to stay healthy
- (3) The first group, sleeping on average seven hours and 10 minutes a night, _____ . 48
- ① scored lowest of the three groups on cognitive tests
 - ② had the largest brain volumes of the three groups
 - ③ scored highest of the three groups on cognitive tests
 - ④ had the smallest brain volumes of the three groups

(4) The underlined “this problem” refers to the problem of _____.

49

- ① getting low scores on cognitive tests
- ② using mobile phones and computers before going to bed
- ③ going to bed late and getting less sleep
- ④ feeling sleepy in the daytime

(5) The best title for this passage would be “_____.”

50

- ① University professors sleep longer than university students
- ② Secrets of the heart and brain: Heavy brains need a lot of blood
- ③ The average amount of sleep varies from generation to generation
- ④ Going to bed early and sleeping longer brings benefits

MEMO
