

《全职工作有损于我们的大脑吗？》

导读:你可能听长辈们说过，脑子越用越聪明，但看完本文之后，你还敢过度用脑吗？



If you're over 40, working more than 25 hours a week could be affecting your intelligence, new research suggests.

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Don't do an IQ test after a full week's work if you are 40 years or older. You could be disappointed.

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If you're over 40, working more than 25 hours of work a week could be impairing your intelligence, according to a study released in February by researchers for the Melbourne Institute of Applied Economic and Social Research in Australia. The team conducted reading, pattern and memory tests in more than 6,000 workers aged over 40, to see how the number of hours worked each week affects a person's cognitive ability.

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