

《现实版睡美人：嗜睡症？英女子每天睡22小时》

Teenagers are known for their ability to sleep for hours on end.

人在青少年时期总能一连睡上好几个小时。



But one young woman suffering from a rare condition gets up to 22 hours of shut-eye a night.

但是英国一年轻女子太能睡了，她每天要睡22个小时。

Beth Goodier, 20, suffers from Kleine-Levin Syndrome, also known as 'Sleeping Beauty' syndrome.

这名年轻女子名叫贝丝·古迪尔，今年20岁，她患有克莱恩-莱文综合症，即俗称的睡美人症。

The neurological condition - which began when she was 16 - means she sleeps, on average, for 18 hours a night.

贝丝在16岁患上此病的，那时候开始她平均每晚要睡18个小时。

When an episode strikes, typically every five weeks, she can sleep for anything between one and three weeks - and requires 24 hour care.

睡美人症通常每隔5周发病一次。在发病期间的1到3周时间里，古迪尔随时可能睡着，需有人24小时看护。

Even when she wakes, she can be in a child-like state, confused and not able to tell the difference between reality and dreams.

发病期间，即使醒着的时候贝丝也处于一种类似孩童的状态，迷迷糊糊的，分不清现实与梦境的差别。

It's thought only around 1,000 people worldwide suffer from the disorder, 70 per cent of them male.

据统计，目前全球约有1000人患有克莱恩-莱文综合症，其中70%为男性患者。

It is not clear what causes it and there is no cure.

目前并不清楚该症的成因，也没有有效的治疗方法。

Miss Goodier, from Stockport, Greater Manchester, appeared on BBC Breakfast this morning to discuss her situation, which triggers episodes every five weeks.

贝丝，来自英国大曼彻斯特斯托克波特，21日早晨来到BBC早间新闻，向大家讲述了她的病情。

Discussing her frustration at the situation, she said: 'I spend half of my life in bed. The onset for most people is adolescence, when you are at college, university, getting a job, finding out who you are.

谈到该病所带来的困扰时，贝丝说：“我一生中有一半时间都花在睡觉上，而大多数同龄人都在上大学、找工作、思考探索‘我是谁’的问题。”

Mrs Goodier, who has been forced to give up work to care for her daughter, explained the family tries to make the most of the time between the episodes.

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Kleine-Levin Syndrome has had a devastating effect on Miss Goodier's life, stopping her from moving out of home or attending university, the BBC website reports.

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Because the condition causes her to often be in a child-like state when awake, she must be supervised by her mother.

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During such an episode a sufferer may be irritable, childish, disorientated and want to eat excessive amounts of food.

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The disease tends to strike at a key time of life - during adolescence - and sometimes begins after an infection or illness.

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Episodes can come on very quickly and last between a few days to a few weeks.

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There is no known cure for the sleeping disorder, and the main treatment is watchful waiting at home by loved ones.

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Miss Goodier added: 'I want to be able to do something productive in the time when I'm well.I want to productive for society.'

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However she hopes by talking about her illness, she can raise awareness. 'There are Facebook groups, which have really helped. '

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