



**직업** 과 관련된 내용을 학습하는 단원에서 활용하세요!

- 주제** 전문 수면가가 하는 일 소개  
**요약** 수면 연구에 참여하거나 수면 제품을 점검하는 전문 수면가를 소개하는 글이다.  
**문법** 수동태: However, when they sleep, they are observed and analyzed by a number of researchers or doctors.



Listen to mp3

Is getting up in the morning the most challenging task for you? Do you wish you could make money by doing nothing but sleeping? Then a professional sleeper is the perfect job for you because you can get paid to sleep! There are mainly two kinds of professional sleepers.

First, professional sleepers are usually hired to be the subject of scientific or medical research studying how sleep affects certain aspects of brain and heart rates. In this case, they can learn more about their own sleeping patterns, and they get medical treatment for any problems detected. However, when they sleep, they are observed and analyzed by a number of researchers or doctors. They might also be asked to take sleeping pills to test them for medical trials.

Other professional sleepers are hired to test new mattresses or pillows. They may stay in five star hotels and sleep in a luxurious bed for free. But they should write detailed reports on the effects of lighting and noise on sleep. They are also required to sleep anytime in new surroundings.

If you enjoy writing about yourself and your surroundings, and you do not care about someone watching you while sleeping, this job will suit you well.

• WORDS •

**challenging**  
도전적인

**nothing but**  
오직

**subject**  
연구 대상

**detected**  
발견된

**trial**  
실험

**mattress**  
매트리스

**pillow**  
베개

**surroundings**  
환경

