THE ROLE OF MEMORY AND SLEEP IN SIMULTANEOUS TRANSLATION

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Abstract — This thesis is aboutimportance of building correct lifestyle of translators.Since they transfer information from one language into another. At that time, they need good memory and brain in order to keep gist of main information. Sleep can contribute to create special memory skills. Because of normal circadian rhythm, they may achieve accomplishments during their work.

Key words — Circadian rhythm, quality of sleep, types of memory, short-term memory, long-term memory, non-rapid eye movement sleep, rapid eye movement, rem sleep.

Annotatsiya — bu tezis tarjimonlar hayotida to'g'ri hayot tarzining bo'lishi ahamiyati va ular bir tildan ikkinchi tilga ma'lumot yetkazishi. Shuning uchun ham ularga yaxshi xotira va aql kerak bo'lishi, vabundan tashqari asosiy fikrlarni yetkazish uchun ham uyquning o'rni borligi,bu albatta yaxshi xotiraga ega bo'lishning ham asosiytalabi ekanligi. Shuningdek yaxshi kun tartibi sababli ular ishi mobaynida ko'plab yutuqlarga erishishi mumkinligi haqidadir

Kalit so'zlar — sirkadiyalik ritm, uyqu sifati, xotira turlari, qisqa muddatli xotira, uzoq muddatli xotira, tezkor bo'lmagan ko'z harakati uyqusi, tez ko'z harakati, rem uyqusi.

1. INTRODUCTION

Translation has deep history which effects ourlife. It is divided into 2 groups. They are oral and written translation. Oral translation is also separated into 2 types: consecutive and simultaneous. In consecutive translation interpreter can take breaks in 20seconds. However, in simultaneous translation, they usually take breaksin 5 seconds.In addition, they usually translate speech sitting in the booth or whispering ways.When we translate simultaneously, we should interpret sentences during the conversation. Thus we need good memory.It also has two types: long-term memory and short-term memory. Short-term memory is temporarily stored and actively utilized. This type of memory's duration is approximately20-30 seconds. Long-term memory has large storage and it saves information for a long time. Thus, translators work on themselves to improve their memory and evoking skills. The scientists believe that the best way to improve the memory is to regulate the sleep duration, actually their circadian rhythm. Because brain function depends on how many hours sleep a day or how brain fueled from it. That is why translators must pay attention quality of their sleep.

2. MAIN PART

In other words, humans do not just sleep, but go through two completely different types of sleep. Sleep stages are: non rapid eye movement or NREM sleep, and rapid eye movement or, REM sleep.
REM sleep in which brain will be active almost identical to that when we are awake, is intimately connected to the experience we calldreaming and is often described as dream sleep. NREM sleep received further dissection in the years thereafter, being subdivided into four separate stages, unimaginatively named NREM stages one to four, increasing in their depth. In addition, the ratio of NREM and REM sleep within each ninety- minute cycle changes dramatically across the night. The uneven back-and-forth interplay between NREM and REM sleep is necessary to elegantly remodel and update our neural circuits at night, and with doing so manage the finite the storage space within the brain."Forced by the known storage capacity imposed by a set number of neurons and connections, within the memory structures, our brains must find the "sweet spot" between retention of old information and leaving sufficient room for the new".[3] Balancing this storage equation requires identifying which memories are fresh and salient, and which memories that currently exist are overlapping, redundant, or simply no longer relevant. As a result,the brain always requires a new bout of sleep and its varied stages each night so as to auto- update our memory networks based on the events of the prior day.
In the literature also the importance of sleep in the life of human beings is proved by writers, especially William Shakespeare is mentioned about this in his novels.
Ironically, most all of the ,,new", twenty- first- century discoveries regarding sleep were delightfully summarized in 1611 in Macbeth, act two, scene two, where Shakespeare prophetically states that sleep is ,, the chief nourisher in life's feast" perhaps, with less highfalutin language, your mother offered similar advice, extolling the benefits of sleep in healing emotional wounds, helping you learn and remember, gifting you with solutions to challenging problems, and preventing sickness and infection. Science, it seems, has simply been evidential, providing proof of everything. Apparently Shakespeare, knew about the awe of sleep.

Furthermore,of the many advantages conferred by sleep on the brain, that of memory is especially impressive, and particularly well understood. Sleep has proven itself time and again as a memory aid: both before learning, to prepare your brain for initially making new memories, and after learning, to cement those memories and prevent forgetting. Thus, all people ranging from translators to speakers have to build correct circadian rhythm of their daily life.

If people do not sleep well they may face with difficulties and troubles in their life.To put it differently, sleep deprivation usually shut down their memory in-box, and any new incoming information is simply being bounced. "People may have seen a movie called Memento, in which the lead character suffers brain damage and, from that point forward, can no longer make any new memories. In neurology, it is called "densely amnesic". If the part of the brain was damaged it will be the hippocampus. It is the same structure that sleep deprivation will attack blocking brain's capacity for new learning" [3]. More amyloid, less deep sleep, more amyloid, and so on and so forth. From this cascade comes a prediction: getting too little sleep across the adult life span will significantly raise the risk of developing Alzheimer's disease and dementia. To test this theory, that book had elderly patients with varying levels of amyloid – low to high -in their brains learn a list of new facts in the evening. The next morning, after recording their sleep in the laboratory that night, they tested them to see how effective their sleep had been at cementing and thus holding on to those new memories. They discovered a chain-reaction effect. Those individuals with the highest levels of amyloid deposits in the frontal regions of the brain had the most severe loss of deep sleep and, as a knock-on consequence, failed to successfully consolidate those new memories. Overnight forgetting, rather than remembering had taken place. The disruption of deep NREM sleep was therefore a hidden middleman brokering the bad deal between amyloid and memory impairment in Alzheimer's disease. We have seen some researches which is related to the brain function and role of memory. In addition, we have analyzed why we need the quality of sleep and good memory during the translation from source text to the target one.

"Sleep quality, especially that of deep NREM sleep, deteriorates as we age. This is linked to decline in memory" [3].

3. CONCLUSION

On the other hand, family condition and background of translator also impact their memory. During a traumatic incident, their thought processes become scattered and disorganized in such way that they no longer recognize the memories as belonging to the original event.

Thereby, importance of memory and sleep quality have main role of the interpreter's work. Because of the responsibility, they must control their time and outline their day. Since it is significant how they sleep and help to enhance their memory.

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