

Prime Minister Takaichi Needs Sleep and Rest, for the Nation's Sake

先日、高市早苗首相が自身のXで、睡眠不足が続いている日々の生活について投稿し、話題となりました。睡眠は疲れを取るためだけでなく、大切な判断や仕事の質にも関わるといわれています。特に大きな責任を担う立場の人にとって、十分な休養はどれほど重要なのでしょう。あなたは、忙しい毎日の中で睡眠や休息をどのように確保していますか。



1. Article

Read the following article aloud.

On the night of July 20, Prime Minister Sanae Takaichi posted on her X account about her daily life at the prime minister's official residence.

One detail stood out: a description suggesting the prime minister has fallen into a pattern of **chronic sleep deprivation**. July 20 was a national holiday. Takaichi wrote that she was "truly grateful" for the day off, having managed to sleep five hours for the first time in a while, and that "zero to three hours of sleep has become the norm" since she took office.

She revealed that over the July weekends she had been "wrestling with mountains of documents"—the government's economic and fiscal policy guidelines, Diet responses, and the like—with what she called "unbelievable passion."

Of the previous weekend, she wrote that several thousand emails had piled up unanswered, leaving her to work through them until dawn on Monday.

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Source: Prime Minister Takaichi Needs Sleep and Rest, for the Nation's Sake

1. Article

On X, the prime minister also disclosed that on weekdays, after returning to the official residence, her private time is entirely consumed by cleaning the bath, bathing, dinner, washing up after dinner, laundry, and light housework. On the afternoon of her day off on July 20, she said she had "powered through" ironing and sewing in one go.

The prime minister has previously revealed that she handles housework herself and also cares for her husband, former Lower House member Taku Yamamoto, who uses a wheelchair.

Outsourcing some of that housework and caregiving, at least while she holds the office, could allow her to devote more of her time and energy to affairs of state.

Prime Minister Takaichi has carried out her duties with evident dedication and a strong sense of [responsibility](#), and that commitment is worth acknowledging. At the same time, the disclosures raise a broader question about her physical well-being.

Chronic sleep deprivation in a sitting prime minister is a matter of concern. The position requires decisions that affect the nation's fate—in diplomacy and security, disaster response, and economic policy. Fatigue that impairs [judgment](#), or a health decline serious enough to interrupt her duties, would carry consequences well beyond her own wellbeing.

Whether this translates into changes to her routine remains to be seen.

The prime minister's conduct also draws attention from other countries. Disclosures about her physical and mental state carry the risk of inviting unwanted speculation about the [stability](#) of her leadership, a consideration that may warrant some caution in how such details are shared.

2. Key phrases and vocabulary

First repeat after your tutor and then read aloud by yourself.

1. **chronic** 慢性的な

Daiki is taking medicine for chronic headaches.

2. **sleep deprivation** 睡眠不足

Long-term sleep deprivation can reduce your ability to concentrate.

3. **responsibility** 責任

She accepted responsibility for the mistake without making excuses.

4. **judgment** 判断力

Good judgment is important when making difficult choices.

5. **stability** 安定

A strong foundation gives the building greater stability.

3. Questions

Read the questions aloud and answer them.

1. What household duties did the prime minister say she does herself?

2. Why does the article say chronic sleep deprivation is a concern?
Please explain in your own words.

3. Why does the article mention other countries' attention to the prime minister?

4. How important do you think sleep is for people in positions of great responsibility?

5. What can workplaces do to help people maintain a healthier work-life balance?

4. 高市首相 国のために睡眠と休養を

高市早苗首相が7月20日夜、自身のXへ公邸での暮らしぶりについて投稿した。

目を引いたのは、首相が慢性的な睡眠不足になっていると思わせる記述だ。20日は祝日だった。首相は「今日のお休みは本当に有難（ありがた）く、久々に5時間も睡眠を取れた」「総理就任以来、0～3時間睡眠が常態化」と記した。

7月の週末は「半端ない情熱」で経済財政運営の指針「骨太方針」や国会答弁などの「書類の山と格闘して過ごした」と明かした。先週末について「数千通も溜（た）まってしまったメール処理で今日（月）の明け方まで仕事に追われた」と記した。

高市首相が強い責任感で誠実に職務に当たっていることは疑う余地がない。献身的な働きぶりに敬意を表したい。その上で直言したい点がある。

もっと自身の体を大切に扱ってほしい、ということだ。日本の首相、日本国の危機管理に関わるからだ。

首相の睡眠不足の常態化は望ましくない。睡眠と休養を取り、心身を万全に保つことは首相の重要な責務だ。国政を預かるには長期戦を見据えた体調管理が欠かせない。

首相は外交・安全保障、災害対応、経済政策など国の命運を左右する判断を下す立場だ。疲れたままで判断に支障を来したり、体調を崩して職務から離れたりしてはならない。

高市首相もこのようなことは百も承知だろう。ならば、体調管理を実践しなければならないはずだ。

Xで首相は「平日は、公邸に戻ってから、風呂掃除、入浴、夕食、夕食後の洗い物、洗濯、簡単な掃除まででプライベートな時間は精一杯（せいいっぱい）」という実態も明かした。休日の20日午後にはアイロンがけ、裁縫を「一気に処理」と記した。

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出典：高市首相 国のために睡眠と休養を
[Japan Forward](#)

4. 高市首相 国のために睡眠と休養を

首相はこれまでも、家事を自らこなし、車いす生活を送る夫の山本拓元衆院議員の介護も担っていると明かしてきた。

このような家事や介護も日本の首相でいる間は、外部の助けを得て国政に専念したほうがよい。それが国家国民に奉仕する道だ。

諸外国も首相の動向には関心を寄せている。安定的な指導力発揮に不要な臆測を呼んではならない。心身の状態を発信する際は慎重さも求められよう。