Chinese Community Health Resource Center
CCHRC
華人社區健康資源中心

建立一個健康的社區
BUILDING A HEALTHY COMMUNITY
www.cchrcHealth.org

想晚上睡得好嗎？
WANT A GOOD NIGHT'S SLEEP?

充足的睡眠能提供我們身體每日所消耗的精力。睡眠不足可影響記憶力，反應速度及警覺性亦會影響到。成年人平均每日需要七至九個小時酣睡。如果您晚上睡得不好，不防採納以下的建議：

1. 避免在接近睡眠時間飲咖啡、茶、可樂及酒。任何有咖啡因及酒精成份的飲料都使你難以熟睡。

2. 不要在睡前吸煙，因為煙草能使人失眠。

3. 不要在床上想著令您擔心或憂慮的事情。而盡量想一些使你鬆弛，平靜的事情。

4. 睡房的溫度不要太高，太高的溫度會增加你醒來的次數。

5. 不要躺在床上看電視，閱讀、談話或吃東西，將床視為唯一用來睡覺的地方。

6. 不要餓著肚子睡覺，但亦不要吃得太飽。睡前可吃一塊麵包或喝一杯暖的飲料。

7. 定時運動，但不要在睡眠前做運動。

8. 睡眠要適可而止，過於所需反而無益。

9. 每天定時起床和睡覺。

A good night's sleep lets our bodies regenerate both mentally and physically. Lack of sleep can impair memory, reaction time, and alertness. Adults need an average of seven to nine hours of sleep each night. If you have difficulty sleeping at night, try the following tips:

1. Avoid drinking coffee, tea, and alcohol close to bedtime. Alcohol and caffeine-containing beverages will give you a restless, unfulfilling sleep.

2. Don't smoke near bedtime. Tobacco products disrupt sleep.

3. Try to think about things that are relaxing and calming.

4. Don't keep the bedroom too warm; you will wake up more often during the night.

5. Don't lounge in bed. Watching TV, reading, conversing, and eating in bed can break down your association of the bed and sleep. Keep your bed as a place for sleep only.

6. If you are hungry, have a light snack before bedtime such as a slice of bread and/or a warm beverage, but don't go for a feast.

7. Exercise regularly but not right before you are going to sleep.

8. Sleep in moderation. Get as much sleep as you need to feel rested, but don't sleep too much.

9. Stick to sleeping routines. Go to bed and get up at about the same time everyday.