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

想晚上睡得好吗?
Want a Good Night's Sleep?

充足的睡眠能提供我们身体每日所消耗的精力。睡眠不足可影响记忆力，反应速度及警觉性亦会影响到。成年人平均每日需要七至九个小时酣睡。如果您晚上睡得不好，不防采纳以下的建议：

1. 避免在接近睡眠时间饮咖啡、茶、可乐及酒。任何有咖啡因及酒精成份的饮料都使你难以熟睡。
2. 不要在睡前吸烟，因为烟草能使人失眠。
3. 不要在床上想著令您担心或忧虑的事情。而尽量想一些使你松弛，平静的事情。
4. 睡房的温度不要太高，太高的温度会增加你醒来的次数。
5. 不要躺在床上看电视，阅读、谈话或吃东西，将床视为唯一用来睡觉的地方。
6. 不要饿著肚子睡觉，但亦不要吃得太饱。睡前可吃一块麵包或喝一杯暖的饮料。
7. 定时运动，但不要在睡眠前做运动。
8. 睡眠要适可而止，过於所需反而无益。
9. 每天定时起床和睡觉。

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 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.