

# 如何提高睡眠质量

## What You Can Do to Sleep Better

Make new habits for sleeping rather than simply breaking old ones. You may want to start by keeping a sleep diary to help you understand your sleep patterns and habits.

Follow these simple sleep guidelines to help you sleep better.

### Keep regular hours.

- Establish a regular wake up time each day, including weekends.
- Do not take naps. If you must nap, keep it short. Nap for 15 to 30 minutes early in the afternoon.

### Do not go to bed too full or too hungry.

- If you eat a heavy meal before bedtime, your stomach has several hours of work to do. If you must eat late, eat light.
- It also can be hard to sleep if your stomach is empty. If you are dieting, have a low calorie snack before bedtime.

### Exercise each day but not right before bedtime.

- Heavy exercise in the late evening increases your breathing and heart rate. This interferes with relaxation.
- Schedule work outs for earlier in the day. A leisurely walk before bed is okay. Try gentle exercises like stretching or yoga to help you relax at night.

养成新的睡眠习惯，而不仅仅是打破旧的习惯。您可以从记录睡眠日志开始，以便了解您的睡眠模式和习惯。

遵循以下这些简单的指导帮助您改善睡眠。

### 坚持早睡早起。

- 每天早上按时起床，包括周末。
- 不要午睡。如果确实需要午睡，午睡时间不要太长。午间休息 15 至 30 分钟。

### 不要在吃得过饱或饿肚子的情况下上床休息。

- 如果睡前吃得太饱，您的胃部需要几小时时间来消化食物。如果您必须吃夜宵，请尽量少吃。
- 如果胃部太空，也很难入睡。如果您正在节食，应在睡前食用低热量食物。

### 坚持每天运动，但不要在睡前运动。

- 晚上大量运动可增加呼吸与心跳频率。这会影响休息。
- 将工作安排在白天完成。睡前可进行悠闲的散步。尝试进行温和的运动以帮助在晚上放松身体，如肢体伸展练习或瑜伽。

**Develop a bedtime routine.**

- Set up a routine so your body knows it is time to go to sleep. For example, listen to some relaxing music, then read for 10 minutes, brush your teeth and go to bed.

**Keep your bed as a place to sleep or have sex.**

- Do not eat, write, watch TV or talk on the phone in bed.
- Keep the bedroom dark, quiet and a little cool to help you sleep.
- Use a fan or white noise machine, ear plugs or headphones to stop noises that may bother you at night.
- Do not go to bed unless you are sleepy. If you do not fall asleep after 15 to 20 minutes, get up and go to another room and do something to relax. When you feel sleepy, go back to bed.

**Slow yourself down toward the end of the day.**

- Do not engage in work or household chores right before bedtime. Put your duties aside at least 30 minutes before bedtime and perform soothing, quiet activities that will help you relax.
- Try a warm bath.
- Disconnect from your cell phone, laptop, tablet, TV and other devices 30 minutes or more before going to bed. The light from these devices can make it harder for you to fall asleep.

**制定睡前例行程序。**

- 制定例行程序，使您的身体知道何时该进入睡眠。例如，先看电视，然后阅读 10 分钟、刷牙、睡觉。

**您的床仅用于睡眠或进行性生活。**

- 不要在床上吃东西、写作、看电视或打电话。
- 保持卧室光线暗淡、安静和较为凉爽，这些均有助于睡眠。
- 使用风扇或白噪声机、耳塞或耳机来消除可能在晚上困扰您的噪声。
- 在感到困意之前，不要上床。如果在上床 15 至 20 分钟后仍无法入睡，起来转到另一个房间，做一些可以放松的事情。当感到困意时，再回到卧室睡觉。

**在一天结束时将您的速度放慢。**

- 不要在睡前做家务或工作。最晚在睡前 30 分钟时结束工作，进行一些有助于放松的舒缓和安静的活动。
- 洗一个热水澡。
- 睡前 30 分钟或更长时间关闭手机、笔记本电脑、平板电脑、电视和其他设备。这些设备发出的光会使您更难以入睡。

**Cut down on cigarettes, second hand smoke and caffeine.**

- Stimulants may affect your nerves for hours into the night.
- Avoid caffeine in the late afternoon and evening.
- Also avoid sugary, high carbohydrate foods at bedtime.

**Do not drink alcohol after dinner.**

- Drinking in the late evening may help you go to sleep. However, as the alcohol wears off, you may become restless and wake up early.

**Get exposure to sunlight during the day.**

- Open up curtains or blinds to let natural light in.
- If natural light is not available to you, talk to your doctor about using a light box.

If after following these guidelines you still struggle with getting a full night's sleep, talk to your doctor. Your doctor can recommend treatment options that are best for you.

**减少香烟、二手烟和咖啡因的摄入。**

- 兴奋剂可能会影响您的神经几小时一直到晚上。
- 避免在午后和晚间摄入咖啡因。
- 睡前避免食用含糖、高碳水化合物食物

**晚餐后不要饮酒。**

- 晚上饮酒可能有助于进入睡眠。但是，随着酒精逐渐消退，您可能更无睡意，并早早地醒来。

**白天要接受阳光直晒。**

- 打开窗帘或百叶窗让自然光进入。
- 如果您家无法晒到自然光，请与您的医生谈谈使用灯箱的方法。

如果遵循上述这些指导后仍无法获得良好睡眠，请咨询医生。医生可以向您推荐一些最适合您的治疗。