

# 如何提高睡眠質量

## 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.

養成新的睡眠習慣，而不僅僅是打破舊的習慣。您可能希望首先從記錄睡眠日誌開始，以便瞭解您的睡眠模式和習慣。

按照以下這些簡單的指引操作，幫助您改善睡眠質量。

### 按時作息。

- 每天早上按時起床，包括週末。
- 不要賴床。如果確實起不來，可短暫小憩。午間休息15至30分鐘。

### 不要在吃得過飽或餓肚子的情況下上床休息。

- 如果睡前吃得過飽，您的胃部需要幾小時時間來消化食物。如果您必須吃夜宵，請儘量少吃。
- 如果胃部太空，也很難入睡。如果你正在節食，應在睡前食用低熱量食物。

### 堅持每天運動，但不要在睡前運動。

- 晚上進行大量運動會增加呼吸與心跳頻率。這會影響休息。
- 將工作計畫在白天完成。睡前可進行適當的漫步。嘗試進行溫和運動以幫助在晚上放鬆身體，如拉伸或瑜伽。

**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.

**制定例行的就寢時間。**

- 制定例行的就寢時間，使您的身體知道何時該進入睡眠。例如，先聽一些輕鬆的音樂，然後閱讀10分鐘、刷牙、睡覺。

**使您的床處於適於睡眠或進行性生活的位置。**

- 不要在床上吃東西、書寫、看電視或打電話。
- 保持臥室光線暗淡、安靜且較為涼爽，這些均有助於睡眠。
- 使用風扇或白噪音睡眠儀、耳塞或耳機來消除夜間可能困擾您的噪音。
- 在感到困意之前，不要上床。如果在上床15至20分鐘後仍無法入睡，起來換另一個房間，做一些可以放鬆的事情。當感到困意時，再回到臥室睡覺。

**在一天結束時將您的速度放慢。**

- 不要在睡前整理家務或工作。最晚在睡前30分鐘結束工作，進行一些有助於放鬆的安撫和安靜的活動。
- 洗一個熱水澡。
- 睡前30分鐘或更長時間內，斷開手機、筆記型電腦、平板電腦、電視等設備的連接。這些設備發出的光會讓您更難入睡。

**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.

**減少香菸、二手煙和咖啡因的攝入。**

- 興奮劑可能會影響您的睡眠神經。
- 避免在午後和晚間攝入咖啡因。
- 夜間避免食用含糖、碳水化合物豐富的食物。

**晚餐後不要飲酒。**

- 晚上飲酒有助於睡眠。但是，隨著酒精逐漸消退，您可能更無睡意，並早早地醒來。

**白天要多接觸陽光。**

- 打開窗簾或百葉窗，讓自然光進入。
- 如果您家中無法接觸到自然光，請向醫生造訪使用燈箱。

如果遵照這些指引後，您的睡眠仍無好轉，請諮詢醫生。您的醫生可以向您推薦一些更適合您的治療。