The Importance of Sleep – Especially Now!

睡眠的重要性—特別是此時此刻

Why Sleep is Important During a Pandemic

Sleep is always important, but when dealing with the COVID-19 pandemic, sleep becomes even more essential because of its wide-ranging benefits for physical and emotional wellbeing.

- **Sleep empowers an effective immune system.** Studies show that sleep deprivation suppresses immune system function and the body's ability to protect us from colds, flu and other ailments.
- **Sleep heightens brain function**. Our minds work better when we get good sleep, contributing to complex thinking, learning, memory and decision-making.
- **Sleep enhances mood**. Lack of sleep can make us irritable, drag down energy levels and cause or worsen feelings of anxiety and depression.

Experts agree that consistent, high-quality sleep improves virtually all aspects of health. For more information, go to the National Sleep Foundation.

Contact your health care provider if you have worsening sleep or increasing anxiety.

睡眠為什麼在瘟疫大流行時期尤其重要？

睡眠總是重要，面對蔓延全球的COVID-19新冠病毒，睡眠變得更為必要，因為它對人的身心健康具有深遠益處。

- **睡眠增強免疫系統有效性。**

  研究結果顯示，睡眠不足會抑制免疫系統的功能和身體的抵抗力，讓人容易受到感冒、流感以及其它疾病的侵害。

- **睡眠增強腦功能。** 良好的睡眠有助於我們大腦進行複雜的思考、學習，記憶和做出決定。

- **睡眠可以改善情緒。** 睡眠不足會使我們易怒、消耗能量積蓄並加劇焦慮和沮喪。

專家一致認為，穩定而優質的睡眠，實際上改善了健康的方方面面。慾了解更多信息，請訪問國家睡眠基金會（ National Sleep Foundation ）

如果您的睡眠持續惡化或焦慮加劇，請與您的家庭醫生聯繫。

Good sleep starts during the day

1. **Stick to a sleep schedule.** Go to bed and wake up at the same time each day—even on weekends.

2. **Nap smart.** No naps after 3pm. Limit naps to 20-30 minutes or less.

3. **Avoid caffeine and nicotine.** Both are stimulants that interfere with sleep.

4. **Avoid late night workouts.** Exercise is great, but too late in the day it may keep you awake.

5. **Avoid large meals late at night.** If hungry, opt for a light snack of fruit, cereal or yogurt to tide you over.

6. **Prepare for the next day.** Spend a few minutes creating a "to do" list. This will allow your mind to "let go" and rest.

7. **Turn off electronics.** At least one hour before bed. Leave your cell phone in a different room to charge overnight.

8. **Relax before bed.** Give your body time to unwind. Take a bath, read a good book, practice deep breathing for 1-2 minutes. Given the stress of COVID-19, allow extra wind-down time each night.

9. **Keep your bedroom cool.** Around 67-68 degrees.

10. **Filter out ambient noise.** A white noise machine or ear plugs can help.

11. **Don't lie in bed awake.** If you wake up and can't fall back to sleep within 20 minutes, go to another room, do a relaxing activity such as reading a book until you feel sleepy.

良好的一天始於充沛的睡眠

1. 遵守睡眠時刻表。每次在固定上床和甦醒，包括週末。

2. 小酣片刻　下午三點後不要午睡。午睡不超過 20-30 分鐘。

3. 避免咖啡因和尼古丁。兩者都是干擾睡眠的興奮劑。

4. 避免深夜鍛鍊。運動固然好，可太晚運動也許讓您清醒。

5. 避免深夜大餐。如果很餓，選擇水果、麥片或酸奶當零食，以度過飢腸轆轆之難關。

6. 為第二天做準備。花幾分鐘建一個待辦事項。這讓您感覺："好吧，這下我可以睡了"

7. 關閉電子設備。起碼在睡前一小時前，就不再使用電子設備，把手機留在另一個房間充電吧。

8. 睡前鬆弛身心。讓你的身體有時間放鬆下，洗個澡，讀本好書，深呼吸 1-2 分鐘。鑒於當下的 COVID-19 病毒，允許自己每晚有額外的放鬆透氣時光吧。

9. 保持臥室涼爽。大約在 67-68 度上下。

10. 過濾環境噪聲。白色降噪機或耳塞很有用。

11. 不要醒著還在床上。如果您醒來後無法在 20 分鐘內繼續入睡，不如去另一個房間做點輕鬆的活動，比如讀點書，等到倦意來襲再去睡。

El Camino Health