



1. 營造良好的睡眠環境

保持寢具舒適簡潔、關掉電子產品，並保持寢室寧靜及黑暗。睡前盡量不要用智能手機或電腦，因為它的光線令你保持清醒。

2. 睡前來個暖水澡

暖水澡有助加快血液從大腦運送到皮膚表層，有如果睡房保持清爽涼快，體溫會較快下降，有助



助身體放鬆，準備進入睡眠狀態。此外，引發睡意和促進深層睡眠。

3. 避免喝含咖啡因及酒精飲料

睡眠的過程分為淺睡及深睡期。雖然酒精可能有半夜醒來。此外，酒精飲品亦會令人脫水，導致的飲品(例如咖啡、濃茶和朱古力飲料)，以免干



助入睡，但會延長淺睡期，以導致過早或口乾而睡。睡前六小時也不宜喝含咖啡因擾睡眠。

4. 睡前小食要合宜

睡前二至三個小時不宜吃得過飽或辛辣食物，因會導致消化不良，而影響睡眠。如果在睡前感到飢餓，建議吃水果、全麥麵包或熱鮮奶。

5. 平日做適量運動

定期做適當的運動有助帶你進入更深層睡眠。建議每星期做帶氧運動最少三次，每次二十至三十分鐘。避免在睡前兩小時做過度劇烈的運動，以致身體受到刺激而難以入睡。

6. 寫下你的煩惱

思考過度是導致失眠的一個重要因素，如果你發覺睡前腦袋不能停下來，可嘗試把你的憂慮、想法、要做的事情寫下來，告訴自己：「我現在要休息，否則我沒有精神應付明天的工作。明天的事明天再想吧！」然後試著安心睡覺。





1. Keep your Bedroom Relaxing

Keep your bed clean and comfortable. Keep the sound and lights down. Turn off all electric devices. **Try not to use your smart phone and computer before bed**, because its light will keep you awake.



directs the blood flow from the brain to the skin. Also if by dropping your body temperature.

cycle includes light and deep level of sleep. Although cycle, and causes early or frequent awakening. **Avoid cocoa**, **6 hours before bedtime**, since they can keep you

leading to sleep difficulty. So, **avoid eating large meals**

2. Take a Warm Bath

Warm bath brings a relaxing effect to the body, since it **you keep your bedroom cool**, it helps you to fall asleep

3. Avoid Alcohol and Caffeine

Alcohol disturbs sleep by drying up your mouth. Sleep alcohol can make you sleepy, it extends the light sleep **drinks containing caffeine** (such as coffee, strong tea, awake.

4. Watch What You Eat

Eating too heavy or spicy meals can cause indigestion **2 -3 hours before bedtime**. If you feel hungry, take some light snack, such as **wheat bread, warm milk, and fruits**.

5. Regular Exercise

Exercise regularly leads you to achieve deeper level of sleep. The best you can have 20 – 30 minutes aerobic exercise at least 3 times a week. **Avoid doing vigorous exercise 2 hours before bedtime**, since it keeps your body alert and disturbs you from falling asleep.

6. Write Down Your Worries

Thinking too much is one of the main cause of insomnia. If you find that your brain cannot stop before bed, try to write down your worries, thoughts, things need to do, and tell yourself, **"I need to sleep now, otherwise I won't be able to function well tomorrow. For tomorrow's stuff, I will manage it tomorrow"**, then try to let yourself sleep.

