

Information on Sleep

关于睡眠

Turn your bedroom into calm environment:把你的卧室变为安静的环境

- Make sure the light, temperature, and sound level suits you.调整光线，温度和音量以适合你自己
- Turn off screens:屏幕关闭
- TV's, Computers and phones all stimulate your brain. This makes it hard to relax.电视和手机刺激你的大脑。这让東西难以放松去睡觉

Learn breathing techniques:学习呼吸的技能

- Sit in a comfortable position, breathe out slowly坐在一个舒服的姿势，学习慢慢的呼气
- Try to make you exhale longer than your inhale. Repeat until relaxed.尝试呼气比吸气久

Notice what you eat and drink:注意你的食物和液体

- Caffeine, Alcohol, and sugary foods can disturb your sleeping pattern.咖啡因，酒精，含糖的食物会影响你的睡眠模式。

Exercise:运动

- Exercise will improve your sleep.运动可以帮助睡眠
- Check for physical problems:检查健康有没有问题
- Pain, illness or any physical problems can disturb your sleeps疼痛，有病或者身体健康也会影响睡眠

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Talk to your partner:请教或者和你的同伴商量

- Snoring, preferred side of the bed and other common problems 打鼾，睡哪里也是很常见兩人争论的問題

Plan your day:计划你每天的活动

- Try to do more stressful jobs earlier in the day and relaxing ones later in the day. 可以的话白天可以多吃一些压力大的事情然后早点才做工作压力小的事情

Sleep diary:记录睡眠的时间

- A diary can help you spot patterns in everyday sleeping habits. 日记可以帮助你看到睡眠的模式可以看到睡眠的习惯
- It will give you understanding what is causing your problems. 那你就可以看到你睡眠的問題在那里

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