

# How to Improve Your Sleep 如何改善您的睡眠

Sleep is a vital indicator of overall health and well-being.

We spend up to one-third of our lives asleep, and the overall state of our "sleep health" remains an essential question throughout our lifespan.

睡眠是整体健康和幸福的重要指标。

我们最多有三分之一的时间处于睡眠状态，而“睡眠健康”的总体状况仍然是我们整个生命周期中必不可少的问题。



## Are You Getting Enough Sleep? 您睡得足夠嗎？

Age 年齡	Hours Needed 需要睡眠時間
Teenager 青少年 (14-17)	8-10 hours 小時
Younger adults 年輕的成年人 (18-25)	7-9 hours 小時
Adult 成年人 (26-64)	7-9 hours 小時
Older adults 老年人 (65+)	7-8 hours 小時

### DO'S 該做



Go to bed at the same time daily  
每天在同樣的時間上床睡覺



Get regular exercise each day  
(recommended 30 minutes)  
每天規律鍛煉 (建議30分鐘)



Get regular exposure to outdoor or bright lights  
定期到戶外曬日光



Keep the temperature in your bedroom comfortable (recommended 60-67° F)  
保持臥室溫度適宜(建議60-67華氏度)



Keep naps short (20-30 minutes max)  
保持短憩 (大約20-30分鐘)

### DON'TS 不該做



Avoid caffeinated drinks after dinner  
晚餐後不要喝含咖啡因的飲料



Avoid heavy or spicy foods in the evening  
晚上不要吃油膩或辛辣的食物



Avoid exercising before bedtime  
避免睡前做運動



Avoid using technological devices before bed (e.g. smartphone, tablet or laptop)  
睡前不要使用任何電子產品 (例如智能電話、或平板電腦)



Avoid drinking too many liquids 1-2 hours before bed  
睡前1-2小時避免喝太多的液體



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