



睡不好？

Wish to sleep like a baby?

睡眠-满足每天的生理需要也占用了人生中大概四份之一的時間。很多人不知道，睡眠障礙是一個普遍的難題，但也有其個人的特性；原因，病態和處理方法都各有不同，要根據個人的身體和生活條件制訂解決方案。

睡眠既然是我們每日所需，這過程給與我們身體機能的更生，細胞和腦神經的代謝，幫助我們白天的精神集中，控制情緒，也影響參與活動與他人交往的能力。在不同的年齡段和身體狀態下，我們對於睡眠的需求是會改變的。



現代人的緊張生活節奏和電子屏幕的廣泛使用也會導致飲食作適的混亂，睡眠的質量和時間長短的下降。學習如何保護睡眠質素已成為現代人必修的健康生活課題。

詢問編碼 Enquiry

Do you know that almost 40% of general population having sleep issues? It is also 2 in 1 ratio.您知道吗？大概两个人之中一人有睡眠困难问题

70% of high school age children do not obtain the required sleep.七成的高中孩子没有足够的睡眠

Shift workers, single parent and people suffer from chronic pain and digestion problem would be the prime sufferers.

一般人口中，当轮班制的员工，单亲家长，长期疼症的病患者和肠胃病患者都承受着睡眠不足的困扰。

Improve sleep quality? 改善睡眠

By Matti Lee

Sleeping problem is more common than you think. It affects all age groups and across many cultural groups and races. About 30-45% of the population has less than 7 hours sleep per day. The effect of poor sleep causes poor concentration at work or study, compromised immune system, more receptive to stressors and injuries, lower confident and indirectly damage relationship with others.

Tips to improve sleep quality 改善睡眠质与量:

1.Reduce the use of stimulants 6 hours prior to sleep (eg.Caffine intake, sugar, oily food, & alcohol) 睡觉前 6 小时减用含有咖啡因,刺激食材和饮料

2.Sleep hygiene: 重视“睡眠卫生”包括:

*Clean bed and bedroom environment (dust mite & mold free) 注意螨菌和霉菌 *Ventilation and temperature 房间的通风

*No digital device in bed or 1 hour prior to sleep 避免睡前一小时的电子屏幕使用 *Separate work from sleep area 分开工作与睡眠空间

*Lighting and noise level control 控制光线和噪音, 敏感度是非常个人的感受 *Routine of relaxing body prior to sleep 进行有规律的睡前松弛步骤

3. Get daily physical exercise 每天坚持适量运动

4. Seek help from sleep specialist, counsellor, acupuncturist, exercise physiologist, dietitian and other professionals in addition to GP service 寻求帮助: 如心理疗法, 营养疗法, 针灸, 瑜伽, 正念, 冥想, 祷告, 催眠疗法, 不单靠药物治疗。

5.Proper use of sleeping aid when needed 正确使用睡眠辅助用品

SOME EXTRA CONSIDERATION

CHRONIC HEALTH ISSUES 健康的因素

Sleep apnea, Breathing problem, night sweat, night mare, heartburn and frequent urination...etc.

Psychological health:

Mental disorder, depression, grief, anxiety, trauma and stress.

包括身体机能, 病痛, 噩梦, 尿频, 担忧和心理因素

AGE & GENDER 年龄和性别

Most of adult would need 7- 9 hours sleep while age 65+ would require less than 7 hours. Female has 40% higher chance of having insomnia problem than male.

女性比男性/高龄比低龄人士容易有低量睡眠

SLEEPING AID 辅助用品

Sleeping supplement, wearable machine, medication, mobile tracking device, air purifier, breathing aid, mattress, clothing and beddings 辅助呼吸器, 净化空气机, 帮助睡眠的饮料, 药物, 和床上用品。

