

EnglishPod Lesson Introduction

0236 Daily Life - Trying To Sleep

The sleeping cycle is a very important part of living a healthy life. But when that cycle is disturbed it could be a disaster physically and psychologically. Insomnia is a common symptom of sleep deprivation. Lets check it out!

以防万一，可以考虑加入以下讨论组（即便像上次verycd 被停了也不会受影响）

<http://groups.google.com/group/chinese-learn-english>

如果你无法访问上面提到的google group，最大可能性是你已经被封锁了。你可以想办法去翻墙，也可以发个信，系统可以手工添加你的email，地址是：

chinese-learn-english@googlegroups.com