

TED睡一个好觉有什么好处



微英语 英语兴趣养成地，发现英语之美。



视频介绍

明天有考试，今晚熬夜复习，这是最不高效的学习方式。如果你以为考前熬夜抱佛脚就能帮助我们记忆留住，那就大错特错了。科学告诉我们，真正有效地记忆方式是白天好好看书，读完书好好睡一觉。



睡个好觉真的很重要：如何提高睡眠质量？

Sleep is essential if you want to live a healthy and happy life. But what happens if you live a hectic life which prevents you from getting your 8 hours? That's when sleep quality over quantity comes into play.

如果你想过一种健康幸福的生活，睡个好觉是必不可少的。如果繁忙的生活不能让你睡足 8 小时，那要怎么办？在这个时候，相比睡眠时间长短，睡眠质量就更为重要了。

To make up for lost hours of sleep you must improve your sleep quality in the following ways:

为了弥补失去的睡眠时间，你必须要在以下方面提高你的睡眠质量：

1. Do Some Light Reading Instead Of Watching TV

做一些轻松阅读而不是看电视

Over 50% of America switch on the TV before they go to bed. TV disturbs your natural sleep habits by making you stay up longer than you usually would, especially if you are watching something of a violent or exciting nature.

超过 50% 的美国人在上床睡觉前会打开电视。在夜里看电视会让你睡得比平时晚，于是影响了你的自然睡眠习惯，特别是如果你观看的是暴力或惊心动魄的场面。

TV also disrupts the natural release of melatonin in the body, melatonin is responsible for regulating sleep cycles and helping you fall asleep at night. The human body is naturally accustomed to feel drowsy when the sun goes down and when it starts to get dark. By switching on the TV you fool your body into thinking it's still daytime, this is caused by the huge backlight in the TV.

电视也会扰乱体内褪黑激素的自然释放，褪黑激素具有调节睡眠周期及在晚上助你入眠的作用。当太阳落下，天色开始变暗，人体自然而然会昏昏欲睡。打开电视，你会让你的身体误以为仍然是白天，这是由电视里的巨大背光造成的。

Instead of switching on the TV read a book, but make sure it's a hard copy not an ebook, as most e-readers have strong backlights. Light reading before bed can help you fall into a deep sleep quickly.

选择看书而不是打开电视，但一定要是纸质书，不是电子书，因为大多数电子阅读器有强烈的背光。睡觉前的放松阅读可以帮助你快速进入深度睡眠。

2. Avoid Caffeine 6 Hours Before You Sleep

睡觉前 6 小时内避开咖啡因的摄入

Having a cup of coffee within a few hours of bed time can have you tossing and turning for hours when your trying to sleep. Coffee isn't the only caffeine containing product, avoid chocolate, tea, pre-workout supplements and soda.

在睡前几小时内喝一杯咖啡会在你想入睡时让你辗转反侧数小时。咖啡并不是唯一含咖啡因的产品，请避免喝巧克力、茶、运动前补充饮料和汽水。

3. Create A Sleep Inducing Environment

创造一个有助睡眠的环境

Turn your bedroom into a sleep inducing chamber, turn the temperature down, install proper curtains which block out the light, and if noise is a problem use earplugs. Don't keep pets in the bedroom if they tend to wake you up during the night.

把你的卧室装饰成有助睡眠的环境，调低温度，安装合适的窗帘以遮挡光线，如果还有噪音，就戴上耳塞。如果宠物常在夜间吵醒你，那就不要把宠物留在卧室里。

You can help your brain associate your bedroom with sleep by using your bedroom solely for sleep and sex. Doing work and watching TV in your bedroom can lead to a non-sleep association with your bedroom and you may find it difficult to fall asleep.

你的卧室只作为睡眠和性爱的房间，这可以帮助你的大脑把卧室和睡眠联系起来。在你的卧室工作和看电视，会让你无法把睡眠和卧室联系起来，你会发现很难入睡。

4. Meditate

冥想

Clear your mind by meditating 15-20 minutes before you hit the sack. Meditation helps reduce stress and may even reduce cortisol levels. The main cause of long sleepless nights is stress, so get 15-20 minutes of meditation before your head hits the pillow.

在你一头扎进枕头前，通过冥想 15 到 20 分钟来清空你的大脑。冥想可以帮助减少压力，甚至可以降低皮质醇水平。造成夜里长时间无法入睡的主要原因是压力，所以在一头扎进枕头之前，冥想 15 到 20 分钟。

5. Train Hard & Train Early

刻苦锻炼和早作锻炼

The easiest way to feel tired at night is to physically exhaust your body, hence training hard. A 45-90 minute workout consisting of resistance and cardio should be enough to exhaust your system.

让身体感到疲惫的最简单的方法是在晚上耗尽你的体能，因此要刻苦锻炼。45 到 90 分钟的包括耐力和有氧运动的锻炼足够耗尽你的体能。

Training at night has its drawbacks, elevating your heart rate prior to sleeping can cause restlessness in most people. It's common to feel too awake and alert after a good workout, so it would not be wise to workout at night if you already have trouble sleeping. Avoid training 4 hours prior to sleeping.

在晚上锻炼也有其缺陷，在睡觉前提高你的心率对大多数人来说会引起不适。在经过锻炼之后，常见的症状是会保持清醒和警觉，因此如果在晚上你已经有睡眠困难，那么在晚上锻炼是不明智的。避免在睡觉前 4 小时内锻炼。

6. Eat Light At Night

晚上要吃得少

It's common tradition to have the biggest meal of the day at night in the form of dinner. But for athletes, bodybuilders and fitness enthusiasts it should be the complete opposite. The first meal and the post-workout meal should be the largest, with dinner being the smallest. As the day progresses you should taper down carbohydrates and increase protein.

传统说法是在一天当中吃的最丰盛的一顿是晚餐。但对于运动员、健美运动员和健身爱好者来说应该是完全相反的。一天中的第一顿和运动后的那一餐饭应该说最丰盛的，晚餐应该要最简单。随着夜幕降临，要减少碳水化合物的摄入，而增加蛋白质的摄入。

Eating late at night is a surefire way to cause insomnia. Consuming a large meal prior to sleeping may cause indigestion and stomach aches during sleep. If your feeling hungry late at night have a casein protein shake or a bowl of cottage cheese.

晚上吃夜宵是一定会起失眠的。在睡觉之前饱餐一顿可能会在睡眠过程中引发消化不良和胃疼。如果你夜里感觉饿了，喝点酪蛋白奶昔或泡一碗奶酪。

7. Don't Drink Too Much Water/Fluids

不要喝太多的水或液体

Drinking too much water/fluids late at night negatively impacts sleep quality. Excess fluids at night can cause you to wake up in the middle of the night to go to the bathroom, disturbing your sleep cycle. Taper down your fluids as the day progresses.

在夜里喝太多的水或液体会起负面作用，影响睡眠质量。在夜里喝得过多会使你在半夜三更醒来去上洗手间，扰乱你的睡眠周期。随着夜幕降临，要减少液体摄入量。

8. Avoid Alcohol

避免酒精

Even though alcohol is very effective at making you feel drowsy and tired, it's horrible for sleep quality. Alcohol is a natural diuretic, which means it causes your body to excrete excess water, so you may find yourself waking up multiple times during the night to go to the bathroom.

即使酒精能有效地让你昏昏欲睡和疲倦，但对于睡眠质量而言，这是很不好的。酒精是一种天然的利尿剂，这意味着它会让你排出体内过多的水分，那么你会发现在夜里醒来好几次要去上洗手间。

Alcohol induced sleep is not a restful sleep by any means, alcohol disrupts your body's natural sleep cycles, leading to an unrefreshed feeling upon waking.

因为酒精作用而入睡绝对得不到宁静的睡眠，酒精扰乱你体内的自然睡眠周期，从而造成醒来时还有宿醉的感觉。

9. Go To Sleep When You Are Really Tired

当你真的很累时再去睡觉

We have all had days where we tried to go to sleep early thinking we will get a nice 9 or 10 hours sleep. 4 hours of tossing and turning later, combined with constant staring at the clock we realize it's not going to happen. Go to sleep only when you start to feel sleepy instead of wasting your time staring at the clock.

我们都有过这样的经历，当我们试图早点睡觉时，想着我们能睡个 9 或 10 个小时的好觉。在辗转反侧 4 个小时之后，还盯着时钟看，我们这才意识到肯定是睡不着了。只有当你开始昏昏欲睡时再上床睡觉，而不是浪费你的时间盯着时钟看。

10. Don't Stare At The Clock

不要盯着时钟看

Being a clock-watcher can actually increase stress and make it harder to fall asleep. Make sure the clock is not visible while your sleeping, if it's a digital one, cover it with a cloth or towel.

盯着闹钟看实际上会增加压力，入睡会变得更难。当你睡觉时，一定要把闹钟放在你看不到的地方。如果是一个数码闹钟，要用布或毛巾把它盖住。

11. Have A Consistent Sleep Routine

坚持稳定的睡眠作息

Studies show that people who sleep and wake up at the same time everyday are more rested than those who have erratic irregular sleep patterns. Set your alarm to the same time everyday including weekends.

研究表明比起每天睡眠不规律的那些人，每天在同一时间睡觉和起床的人休息的会更好。每天设置同一时间点，包括周末。

Studies also show that binge sleeping on the weekend to make up for lost sleep is counterproductive, you should aim to get the same amount of sleep everyday, whether that's 8 or 6 hours.

研究还表明，周末沉睡以求弥补睡眠不足是适得其反，应该是每天有相同的睡眠时间，不管是 8 还是 6 小时。

12. Limit Napping

限制打盹时间

Napping during the day might seem like the right thing to do when you feel tired, but if you plan on sleeping well at night think again. Napping during the day will interfere with your natural sleep patterns, if you do choose to nap, limit it to 30 minutes per day.

当你觉得累了，白天打个盹似乎是可以的，但如果你想要晚上睡得好，请三思。白天打盹会影响到你的自然睡眠模式，如果你选择打个盹，每天限制在 30 分钟以内。