

## Sweet Dreams 祝好眠!

Your **eyelids** feel like ten-pound weights and your leg can **barely** support your body. **Pajamas** on, you climb into bed and get under the **covers**. But when you hit the light switch, BAM! **Insomnia** hits you like a ton of bricks. Although insomnia is a major problem for those **afflicted** with it, there are some minor changes in habits that can reduce its **occurrence**.

你的眼皮好像有十磅重，你的腿已经要撑不住身体了。穿上睡衣，爬上床，然后盖上被子。但是，当你把灯关掉的时候，砰！失眠像是个一吨重的砖块砸向你。虽然对那些深受失眠所苦的人，失眠是个大问题，但是一些习惯上的小改变能够减少失眠发生的频率。

Everyone knows that a trip to Starbucks just before bed is not going to help your pillow time, but **caffeine** is not only in coffee. It's also in tea, [soft drinks](#), chocolate, certain **medications** and even some **herbal** teas. For people who are highly **sensitive** to the effects of caffeine, it can be felt in the body for as long as 20 hours.

每个人都知道睡觉前来杯星巴克咖啡对你的睡眠不会有任何帮助，但是不是只有咖啡才有咖啡因。茶、软性饮料、巧克力、特定的药物，甚至是一些花草茶，都含有咖啡因。对于咖啡因特别敏感的人，在长达 20 个小时之内，他（她）的身体可以感受咖啡因的效果。

One of sleep's greatest enemies is an **inconsistent** sleep schedule. **Staying up** really late Saturday night and then waking up late Sunday morning will make it difficult to fall asleep again Sunday night. Eating a huge meal before bed is not a good idea, either. A lot of food in the stomach can **disrupt** sleeping pattern. However, warm milk, turkey, chicken, whole-grain bread, and **cereal** with milk and bananas are all high in **carbohydrates** and [tryptophan](#), an **amino acid**. These all help relax the brain.

睡眠最大的敌人便是睡眠时间不固定。星期六晚上熬夜熬得晚，然后星期天早上睡得很晚，这会让你星期天晚上很难入睡。睡觉前大吃也不是个明智之举。胃里有许多食物会搅乱睡眠形态。但是，温牛奶、火鸡肉、鸡肉、全谷面包，以及麦片加牛奶和香蕉都含有许多糖及色氨酸（一种氨基酸）。这些都助于大脑放松。

Humans spend one third of their life sleeping. For the **average** person, that's around twenty-five years. So, by doing a few small things before bed, you can **ensure** that you won't just be wasting time. You'll be sleeping.

人类一辈子有三分之一的时间在睡觉。对于一般人来说，便是大约 25 年的时间在睡觉。所以，在上床睡觉前做点准备，可以确保不会浪费你的时间。你会睡觉。

-by Andrew Dupuis

### Vocabulary

**caffeine** [ˈkæfiɪn] n. 咖啡因

**medication** [ˌmɛdɪˈkeɪʃən] n. 藥物

**disrupt** [dɪsˈrʌpt] v. 使混亂

**ensure** [ɪnˈʃʊr] v. 保證；確保

### More Information

**eyelid** [ˈaɪ,lɪd] n. 眼皮

**barely** [ˈbeɪrli] adv. 幾乎沒有；勉強

**pajama** [pəˈdʒæməs] n. (寬大的) 睡衣褲

**cover** [ˈkʌvə] n. 被子

**insomnia** [ɪnˈsɒmniə] n. 失眠

**occurrence** [əˈkʌəns] n. 發生

**herbal** [ˈhɜːbəl] adj. 草本的

**sensitive** [ˈsensətɪv] adj. 敏感的

**inconsistent** [ˌɪnkənˈsɪstənt] adj. 不一致的

**stay up** 不睡覺 not go to bed

**cereal** [ˈsɪriəl] n. 麥片

**carbohydrate** [ˌkɑːbəˈhaɪdret] n. 碳水化合物

**tryptophan** [ˈtrɪptəˌfæn] n. 左旋色胺酸，L 色氨酸（一種治療失眠的藥物）

**amino acid** 氨基酸

**average** [ˈævərɪdʒ] adj. 平均的；一般的，普通的

**afflict** [əˈflɪkt] v. 使痛苦，使苦惱，折磨