

# 夜夜好眠 不再失眠

現代人生活緊張，每天操煩憂慮的事情多，因此睡眠障礙是現代人經常出現的困擾。約有 20-30% 的成年人患失眠。短時間小於一週(短暫性)的失眠可能是生活壓力大或變動較多的暫時反應，這時身體有其自調機制，不必太過擔心。但若是「**不好睡**」的困擾超過一個月以上(慢性失眠)且影響日間狀態時就該注意了，尋求專業人士的協助，早日找出問題的根源、探討解決之道。

如果你長期有以下四種症狀之一，那麼你就是失眠了



入睡困難



續睡困難



長期淺眠



過早清醒

## 失眠怎麼辦？

先調整睡眠習慣，請你跟我這樣做：



培養運動習慣  
加強代謝、內分泌系統協調



白天不補眠  
午睡不超過一小時



睡前溫和活動  
閱讀、寫日記等



營造舒適睡眠環境  
乾淨整潔、舒適合宜寢具



定時睡覺及起床



找醫生諮詢尋求協助

## 應攝取或避免哪些食物？

### 助眠食物

- 富含色胺酸  
芝麻、蜂蜜、雞蛋
- 富含纖維的碳水化合物  
一份水果或麥片粥
- 富含 GABA  
南瓜、高麗菜、蕃茄、味噌

### 失眠食物

- 高油脂  
炸雞、薯條
- 辛辣刺激食物  
辣椒、大蒜等重口味
- 咖啡因  
可樂、咖啡

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# Sleep Well & Insomnia No More

Modern life is stressful, and people deal with many concerns daily, making sleep disorders a common issue. About 20–30% of adults suffer from insomnia. Insomnia lasting less than a week (short-term) may be a temporary reaction to high stress or significant changes in life, and the body usually has its own adjustment mechanisms, so there is no need to worry too much. However, if the difficulty in sleeping persists for more than a month (chronic insomnia) and affects daytime functioning, it is important to pay attention and seek professional help. Identifying the root cause of the problem and exploring solutions as soon as possible is crucial.

## Check if you have insomnia

- find it hard to go to sleep
- wake up several times during the night
- find it hard to nap during the day even though you're tired
- Too early to get up

## Tips for a Better Bedtime



Develop the habit of exercising regularly.



Avoid sleeping at lunch time or sleep for no longer than 1 hour.



Stick to calming activities, like reading, journaling.



Create a Good Sleep Environment.



Go to bed and get up at fixed times every day.



Consult a doctor for help.

## Foods you should eat (avoid) with insomnia

### Foods to Eat

- Foods rich in tryptophan  
Peanut, Milk, Egg
- Fiber-rich carbohydrates  
Fruits, Oatmeal
- Foods rich in GABA  
Pumpkin, Cabbage, Tomato

### Foods to Avoid

- High fat foods  
Fried chicken, French fries
- Spicy food  
Chili and Garlic
- Caffeine  
Coke, Coffee

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