

《不用吃药不用定闹钟，5个方法让你享受最棒睡眠！》

导读:随着现代人生活压力越来越大，许多人都患上了各种失眠问题，本文列举了5种方法，可以让你享受最棒睡眠。



I have written so many stories about sleep I have lost count and even then readers keep asking for more.

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Indeed, today, research from leading bed manufacturer, Sealy UK and Loughborough University's Clinical Sleep Research Unit (CSRU), has revealed a sleep deprived country with three quarters of Brits failing to get a decent night's sleep – which can result in poor health and mental illness.

??75%??

1. Know your sleep type

1????????????????????

Some people like Margaret Thatcher, Gandhi and Winston Churchill may have famously thrived on less sleep but they're a rarity.

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In fact, researchers at the University of California, San Francisco discovered a gene mutation in people that predisposed them to needing about 20 per cent less sleep than the rest of us. But they estimate those 'short-sleepers' only comprise around five per cent of the population.

??20%????????????????????????5%???

2. Go to bed and wake up at the same time

2???????????????

A staggering 40 percent of us don't get the recommended six to nine hours sleep a night, research by The Sleep Council has found.

????????????????????40%????????????????6?9???

The long weekend lie-in is a tempting antidote but while it may reduce sleepiness and stress, it won't help your ability to concentrate, research published in The American Journal of Physiology-Endocrinology found.

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In fact, sleep deprived subjects in the study showed impaired concentration even after their 'recovery sleep' at the weekend.

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3. Tackle the temperature

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Temperature is an aspect of sleep that often gets overlooked,' says James Wilson, a leading sleep expert.

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But after light, it has the greatest impact on our circadian rhythms, and our bodies are very sensitive to it; it only takes a change in core body temperature of 0.5 degrees Celsius for our bodies to start waking up. On a physiological level sleep is simple.

