

《睡眠不足使青少年面临健康问题！北京地区尤甚！》

随着人们夜生活越来越丰富，睡眠困难成了一大难题，这在北京尤甚。



Children and teenagers in Beijing get less sleep than those in other parts of the country, putting them at a higher risk of physical and mental health problems, a report has warned.

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Residents snooze 7.6 hours a night on average, but about 25 per cent of the city population regularly gets insufficient sleep, according to the China sleep index released by the capital's Health and Family Planning Commission.

????????????????????????????7.6????????25%????????

At least 30 per cent survive on fewer than 6.5 hours a night, the report said.

??????30%????????6.5????

In particular, it said, children and adolescents living in the capital get less sleep than their peers elsewhere because of the large amounts of homework, excessive use of electronic devices and poor sleeping patterns.

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Health experts have warned that long-term sleep problems and insomnia can increase the risk of cardiovascular disease, anxiety and depression.

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A report on national sleeping patterns released in November by Huawei Sports and Healthcare said the major problems in China are insufficient deep sleep, disruptive dreams and frequently waking up.

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More than 60 per cent of Chinese don't get enough deep sleep, the findings show.

????????60%????????????????

According to the American Sleep Association, slow-wave sleep gives the brain time to restore itself from daily activities, which is important for health.

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The commission's report urges people to take sleeping problems seriously: "When necessary, those who suffer from sustained problems should go to a hospital or medical care centre for help."

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