

《早上好 Good morning , 看看老外怎么说》

知道如何表达晚安和早安对每个英语学习者来说都很重要。睡觉前和早上起床后，谈论睡眠是很常见的。下面是一些最常用的短语。

Going to Bed

上床睡觉

In English, there are a variety of expressions to use when talking to someone before going to bed. Many involve wishing the other person a night of peaceful sleep and pleasant dreams:

在英语中，睡觉前和某人说话时有各种各样的表达方式。许多包括祝愿对方晚上睡个安稳觉，做个愉快的梦：

Good night.

晚安。

Sleep well.

睡得安稳。

Have a good night's sleep.

祝你睡个安稳觉。

Make sure you get a good night's sleep.

睡个好觉。

I hope you sleep well.

我希望你睡眠甜甜。

See you in the morning.

明儿早见。

Sweet dreams.

甜甜入梦。

Sleep tight!

睡得香！

Night, night.

晚安好梦。

其他的表达方式则更加有强调意味，包括父母可能用来告诉调皮不安的孩子该睡觉了：

Lights out!

熄灯！

Time for bed!

该睡觉了！

Example Dialogues

对话范例

Kevin: Good night.

凯文：晚安。

Alice: See you in the morning.

爱丽丝：明儿早见。

Kevin: I hope you sleep well.

凯文：我希望你睡得安稳。

Alice: Thank you. Make sure you get a good night's sleep as well.

爱丽丝：谢谢你，确保你也睡得好。

Kevin: Get some good sleep. We have a big day tomorrow.

凯文：快去好好睡一觉。明天我们有重要的事。

Alice: Okay, you too.

爱丽丝：好的，你也是。

Kevin: Lights out!

凯文：熄灯！

Alice: Okay, I'm going to sleep. Night, night.

爱丽丝：好的，我打算睡觉了。晚安。

Kevin: I'm heading up to bed now.

凯文：我现在要爬上床了。

Alice: Sleep tight!

爱丽丝：睡个安稳觉！

Waking Up

醒来

The moment after waking up in the morning is another time when people make small talk. They often ask each other how they slept and how they're feeling.

早上醒来后的那一刻是人们闲聊的另一个时刻。他们经常互相询问对方的睡眠情况以及他们的感受。

Good morning.

早上好。

I hope you had a good night's sleep.

我希望你睡了一个好觉。

I hope you got some good rest.

我希望你休息得很好。

Did you sleep well?

你睡得好吗?

Did you get a good night's sleep?

你昨晚一整夜睡得好吗?

I slept well, how about you?

我睡得很好，你呢?

How did you sleep?

你睡得怎样?

Did you have any dreams?

你做梦了吗?

Rise and shine.

太阳都出来了，起床啦。

Example Dialogues

对话范例

1. Kevin: Good morning.

1. 凯文：早上好。

Alice: Good morning. Did you sleep well?

爱丽丝：早上好，你睡得好吗?

Kevin: I hope you had a good night's sleep.

凯文：我希望你睡了个好觉。

Alice: Yes, thank you, I did. And you?

爱丽丝：还不错，谢谢，确实还不错，你呢?

2.Kevin: Good morning, honey.

2.凯文：早上好，亲爱的。

I hope you got some good rest.

我希望你休息地很好。

Alice: I did. How did you sleep?

爱丽丝：睡得挺好的，你睡得怎样？

3.Kevin: Good morning. Did you have any dreams?

3.凯文：早上好，你昨晚做梦了吗？

Alice: I did. I had a strange dream and you were in it!

爱丽丝：我做了。我做了个很奇怪的梦，而且梦到你了！

4.Kevin: Good morning.

4.凯文：早上好。

Alice: I'm still sleepy. I think I'll hit the snooze for ten minutes.

爱丽丝：我还很困。我想我会打瞌睡十分钟。

Kevin: We don't want to miss our appointment, though.

凯文：不过，我们不想错过我们的约会。

Alice: Oh, I forgot about that.

爱丽丝：噢，我都忘了。

Kevin: Rise and shine.

凯文：太阳都出来了，快起床啦。