



Are You Getting Enough Sleep?  
你有充足的睡眠吗？

life  beats

lyondellbasell

### Everyone knows what a good night's sleep can do for you.

每个人都知道一个良好的睡眠能为你带来什么。

- Sleep is one of the most important activities we do to maintain our bodies. It allows our minds and bodies to repair the daily damage.  
睡眠是我们维持身体的重要活动之一，它可以修复我们白天身体受损的部分
- The wide-spread sleep issues that affect most of us, can sap our energy, leaving us unable to perform well both at work or at home.  
影响我们大部分人的是广泛的睡眠问题。它能削弱我们的精力影响我们的工作和家庭生活。
- Lack of sleep negatively affects not only our mood and focus, but also our physical health and drive.  
睡眠不足的负面影响，不仅影响我们的心情和注意力，也影响我们的身体健康和动力。



# Sleep, Health and Alertness

## 睡眠，健康和警觉性

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### **Without adequate amounts of sleep we may experience:**

如果没有充足的睡眠量，我们可能会遇到如下问题：

- **Psychological Problems**  
心理问题
- **Increased Risk of Diabetes**  
糖尿病的风险增加
- **Increased Risk of Obesity**  
肥胖的风险增加
- **Slower Healing**  
愈合慢
- **Decreased Levels of Alertness Leading to Accidents**  
警觉的水平降低导致事故发生
- **Chronic Fatigue Symptoms (e.g. micro-sleeps)**  
慢性疲劳症状（如微睡）



It can be more difficult to get adequate, quality sleep when working night shifts.

上夜班的人很难得到充足的，高质量的睡眠。

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### Severe Fatigue is Especially Dangerous

#### 严重疲劳时特别危险的

When we are severely fatigued and *find ourselves fighting sleep*, we can often experience micro-sleeps, a condition known as “**Autopilot**.” A micro-sleep is a brief, involuntary lapse into sleep that can last 2 to 20 seconds.

当我们严重疲劳的时候，我们会不知不觉进入微睡的状态，微睡状态时间特别短通常只有2到20秒的时间。

- **Autopilot** is a state of reduced alertness that can lead to dangerous situations both at and away from work. Autopilot has been experienced by most of us while driving – getting to our destination, without remembering how we got there.
- 微睡状态时无论是在开车还是在工作，警惕性会降的非常低，我们大多数人都经历过，我们到达了目的地但我们却忘记了是如何到达的。
- Driving while drowsy is as dangerous as driving under the influence. So take precautions before driving such as:开车时犯困和酒后驾车一样危险。因此，必须采取预防措施，比如：
  - If you feel tired, take a short nap before you drive home.如果你觉得累了，小睡片刻再开车回家。
  - Carpool if possible; the conversation can help you stay awake or you can switch drivers.如果可能的话拼车;交谈可以帮助你保持清醒，也可以轮流驾驶。
  - Call someone to drive you home if necessary.叫人来开车送你回家，如果必要的。
  - Vary your route home to stay alert.通过改变你的回家路线来保持警觉



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### What is quality sleep? 什么是睡眠的质量

- The body moves through Light Sleep, Deep Sleep and REM sleep in that order in 90-minute cycles.  
在90分钟之内身体依次完成了浅度睡眠，深度睡眠，快相睡眠。
- Getting at least 4 to 5 of these cycles a night is quality sleep.  
一个晚上能完成4-5次循环应该是有质量的睡眠。

### How much is enough? 多少是足够的?

- The *average* person needs 7 to 8.5 hours per 24 hours.  
在24小时之内平均7到8.5小时

### Is Napping a Good Thing? 午睡是个好事情?

- Yes! Properly timed naps can be very restorative. 没错！正确定时小睡会快速恢复
- When working a night shift, nap before coming in on your first night shift. Use the natural low time around 2 - 3 PM to do this. 在第一个夜班来临之前下午2-3点午睡。
- Take short naps of 15 - 20 minutes so you don't go into the Deep Sleep stage. 短睡15-20分钟，不会进入深度睡眠阶段
- If sleep deprived, take a 90-minute nap to complete a full cycle. 如果睡眠不足需要90分钟的午睡，完成一个睡眠周期。
- Be careful not to time a nap so you wake up from Deep Sleep, you will experience "sleep inertia" (feeling groggy and disoriented). 小心千万不要设一个从深度睡眠唤醒的时间，否则你就会进入“睡眠惯性”（感觉昏昏沉沉）



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### What Substances Affect Sleep? 什么物质影响睡眠?

- **Caffeine** – It can give you a quick boost but use it sparingly.  
咖啡因 - 它可以给你一个快速清醒，但应谨慎使用
  - Use it in moderation and save it for the worst time in your shift.  
使用适量，并将其用在最糟糕的情况下。
  - Avoid it 3-4 hours before you want to sleep.  
睡觉之前3-4个小时不要使用
  - Gradually cut back if you are a heavy user.  
如果你是一个重度使用者。应该逐渐降低使用量
- **Alcohol** – Alcohol will make you fall asleep but it won't be good quality sleep. Avoid it. Mixing alcohol and sleeping pills is dangerous.  
酒精 - 酒精会让你入睡，但它不会有良好的睡眠质量。避免它。酒精和安眠药混合使用是危险的。
- **Nicotine** – Like caffeine it is a temporary stimulant and it can disrupt your sleep later.  
尼古丁 - 像咖啡因这是一个临时的兴奋剂，它可以稍后扰乱你的睡眠。
- **Sleeping Pills, Medications and Sleep Aids** – Some of these can help with temporary sleep problems but should not be part of a regular sleep routine.  
安眠药，药物和辅助睡眠 - 其中的一些可以暂时帮助解决的睡眠问题，但不应该作为正常睡眠中的一部分。
- **Melatonin** – Melatonin is a natural hormone we produce and can be bought over-the-counter (OTC). It is a sedative and should be treated as such.  
褪黑激素 - 褪黑激素是我们生产的一种天然激素，可以通过柜台进行交易（OTC）。这是一个镇静药，应该受到同样的对待。
  - Be careful of the dose; most OTC pills are more than you need.请小心剂量不能使用过量。
  - Certain individuals should not take it. Check with your doctor first.某些人不宜服用。请与您的医生联系

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### Exercise and Sleep 运动与睡眠

- Exercise can help you fall asleep faster. 运动可以帮助你更快入睡。
- Exercise helps you sleep longer. 运动可以帮助你睡得 longer。
- Exercise improves sleep quality. 运动能改善睡眠质量。
  
- To get the benefits of exercise: 得到锻炼的好处
  - Stop at least 3 to 4 hours before bedtime 睡前 3-4 小时停止运动
  - Get 20 to 30 minutes several times a week 每周几次，20-30 分钟

Exercise doesn't have to be elaborate; just get your heart rate up.  
运动并不一定要很讲究; 只是让你的心脏加速加速就行。



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### How to Sleep Better 如何睡得更好

Setting up the proper sleep environment, no matter what time of the day, is key to getting adequate, quality sleep. 设定适当的睡眠环境，无论在一天中的什么时候，关键是要获得足够的，高质量的睡眠。

**Absolute Darkness** – Use whatever means necessary to completely darken your bedroom.  
绝对的黑暗 - 使用完全变暗你的卧室一切必要手段。

- **Silence** – If necessary, wear earplugs and silence all noise makers including cell phones. Use white noise to drown out other noises.  
安静 - 如果有必要，戴上耳塞屏蔽所有噪音制造者，包括手机。利用白噪声屏蔽其他的噪音。
- **Eliminate Disturbances** – If sleeping during the day, let family and friends know your schedule and ask them to respect it; use a kennel for your pets.  
消除干扰 - 如果白天睡觉，让家人和朋友知道你的日程安排，将您的宠物安排在犬舍中。
- **Get Comfortable** – Invest in a good quality mattress and bedding.  
舒适 – 买优质的床垫和床上用品。
- **Avoid Sunlight Before Sleep** – After working a night shift, wear sunglasses home to keep the light out and go to bed before running errands if possible.  
睡觉前避免阳光 - 夜班后，戴墨镜回家隔绝外界光源上床睡觉，睡觉之前尽量避免走路。



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### How to Sleep Better如何睡得更好

- **Keep a Regular Schedule** – This helps your body get prepared to sleep.  
保持定时睡觉- 这可以帮助你的身体做好睡觉准备。
- **Keep Cool** – If you get too warm, you won't sleep well.  
温度低一点-如果温度太高就会睡不好。
- **Take a Nap Before Work** – For night shift work, if you didn't get much sleep in the morning, try it again before going back in to work.  
工作前午睡 - 对于夜班的工作，如果你早晨没有得到多少睡眠，工作结束后回去再次尝试睡眠。
- **Get a Pre-Sleep Routine** – Make the routine the same for any time you are going to sleep. It helps your body prepare for sleep.  
获取一个预先的睡眠习惯 - 在任何时间使之常规化。它可以帮助你的身体准备睡觉。
- **Prepare for the Night Shift** – Adjust your schedule to stay up later and sleep later in the days before the night shift begins to help your body adjust.  
准备夜班 - 调整你的日程安排，晚睡晚起帮助你的身体进行调整。
- **Change “Middle-of-the-Night Thinking”** – Writing down thoughts to be dealt with when you wake (before bedtime); counting, repeating words or thinking positively can help you get back to sleep more quickly.  
改变午夜思考的习惯---把你的想法写下来，睡前计数，重复的文字或正面思考可以帮助你迅速恢复睡眠。

# Rating Your Bedroom for Sleep – Exercise

## 练习-为了睡眠评价你的卧室

- On a 1-5 scale, rate each question below (1=poor, 5=excellent)
- 1-5级，每题（1=差，5=优秀）

Statement描述	Score分数
My bedroom is quiet without loud or sudden noise. 我的卧室是安静的 没有大的声音和瞬间的噪音	
I sleep in darkness, using window shades or eye masks, if necessary. 我睡在黑暗的环境中，如果需要我会用窗帘或眼罩	
The temperature is cool enough to allow me to sleep well. 温度低得足以让我有好的睡眠	
My bed is comfortable – mattress, sheets, pillows, etc. 我的床很舒服-床垫，凉席，枕头等等	
I have enough fresh air in my room. 房间里有新鲜的空气	
I perform a regular routine (e.g., warm bath, brush teeth, etc.) before going to bed – no matter when or where I'm sleeping. 我有一个习惯，无论是在哪里睡觉，在睡觉前我都会（洗澡，刷牙等等）	

# Rating Your Bedroom for Sleep

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- | <u>Score</u> 分数 | <u>Feedback</u> 反馈                            |
|-----------------|---|
| • 25-30:        | Well designed bedroom for sleeping好的卧室设计有利于睡眠 |
| • 20-24:        | Good...but room for improvement好的但是可以改善的      |
| • Less than 20: | Your bedroom needs some help需要提高的             |



# Quality sleep is important to everyone's health and well-being.高质量的睡眠是很重要是每个人的健康和福祉。

Good sleep doesn't just happen, but you can set the stage for it by managing your sleep environment, eating and drinking wisely and exercising.

- 良好的睡眠并不会立即发生，但你可以设定一个管理睡眠环境，进食和饮水，并进行有效的运动的平台来慢慢提升睡眠质量



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