澳洲游洋教育 AEAS/IELTS/PTE
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Do you have trouble sleeping at night?

你晚上睡觉有困难吗？

Then maybe this is for you.

那么也许这个是给你的

When you worry about needing sleep and toss and turn trying to find a comfortable position, you're probably only making matters worse.

当你担心睡不着觉时，辗转反侧试图去找到一个舒服的位置，你可能只会使事情更糟。

What happens when you do that，is that your heart rate actually increases, making it more difficult to relax.

当你那么做会发生什么，就是你的心率会增加，使放松更艰难。

You may also have some bad habits that contribute to the problem.

你可能也有一些不好的习惯会导致睡眠问题。

Do you rest frequently during the day?

你在白天的时候经常地休息吗？

Do you get virtually no exercise, or do you exercise strenuously late in the day?

你几乎没有锻炼，或者你在白天晚些时候奋力地锻炼吗？

Are you preoccupied with sleep, or do you sleep late on weekends?

你注意力都在睡觉上，或者你周末睡得很晚吗？

Any or all of these factors might be leading to your insomnia by disrupting your body's natural rhythm.

任何一个或全部的这些因素，可能会通过扰乱你身体的自然节奏导致你失眠。

What should you do, then, on those sleepless nights?

那么，你需要在这些失眠的夜晚做什么？

Don't bother with sleeping pills.

别急着吃安眠药。

They can actually cause worse insomnia later.

他们实际上能在未来引起更重的失眠

The best thing to do is drink milk or eat cheese or tuna fish.

最佳的做法是喝牛奶或吃奶酪或吞拿鱼。

These are all rich in amino acids and help produce a neurotransmitter in the brain that induces sleep.

这些食物都富含氨基酸，并且帮助在大脑中产生神经传递素来引起睡眠。

This neurotransmitter will help you relax, and you'll be on your way to getting a good night's sleep.

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这个神经传递素将帮助你放松，而你将会睡个好觉。