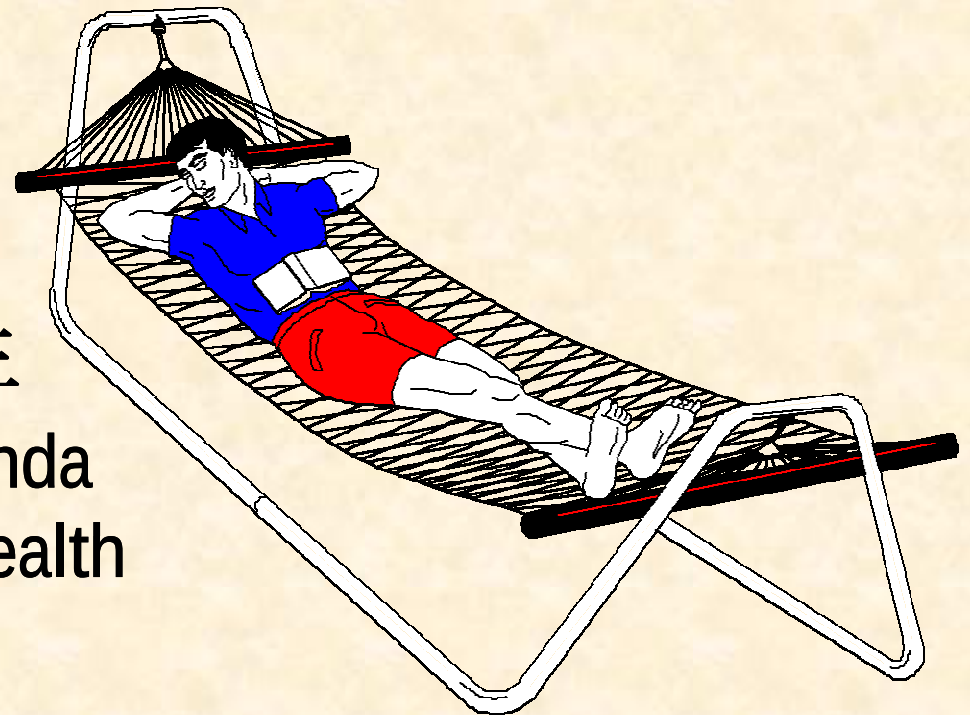


Sleeping for Health

Dr. Santos 山度士醫生

Assistant Professor Loma Linda
University School Of Public Health





If you fell sleep
at work...

如果你在工作
的時候睡著
了...

Here you have some tips to solve the
situation

這裡有些小貼士可以幫你解決這個問題

You have to find the right excuse!
你要找個合理的理由！



**Try to use one of the following explanations if your
boss finds you sleeping...**

**如果你的上司發現了你在睡覺，你可以嘗試用
以下的其中一個解釋...**

I am able to concentrate better on my job
keeping my eyes closed.

當我閉上眼睛的時候精神會比較集中。



Have you heard about Narcolepsy
disease?

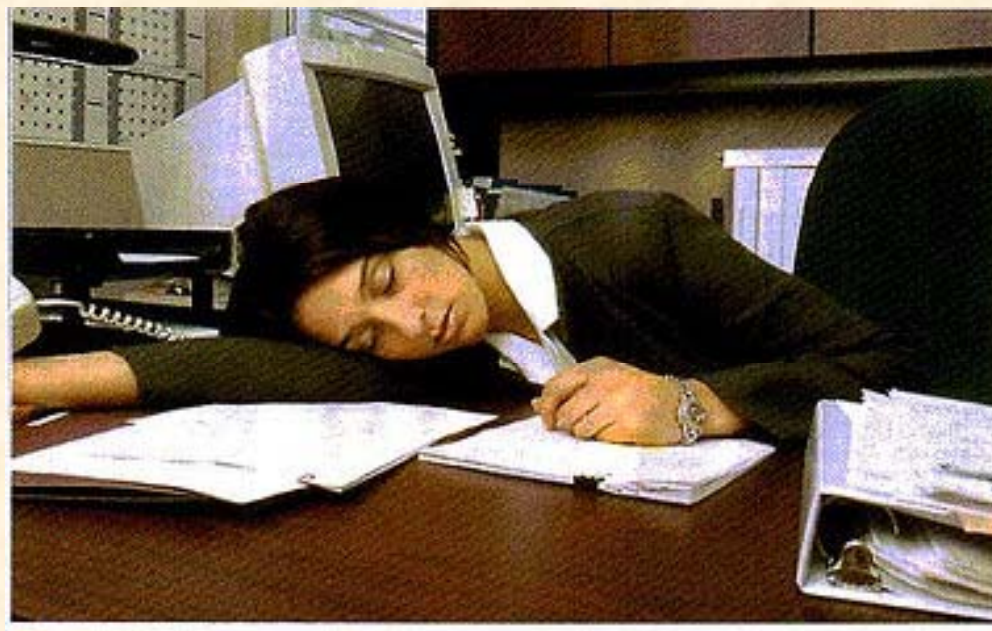
你有沒有聽說過嗜眠症呢？



Damn! Why did you interrupt me? I had almost figured out a solution to our biggest problem!
太差了！你爲什麼要打擾我？我差點兒就想到一個辦法去解決我們最大的難題了！



Shhhh! Don't you hear it?
殊... 你聽不到嗎？



I was practising Dr. Santos'
relaxation techniques
我在練習山度士醫生的輕鬆妙法



This is one of the seven habits of highly effective people!

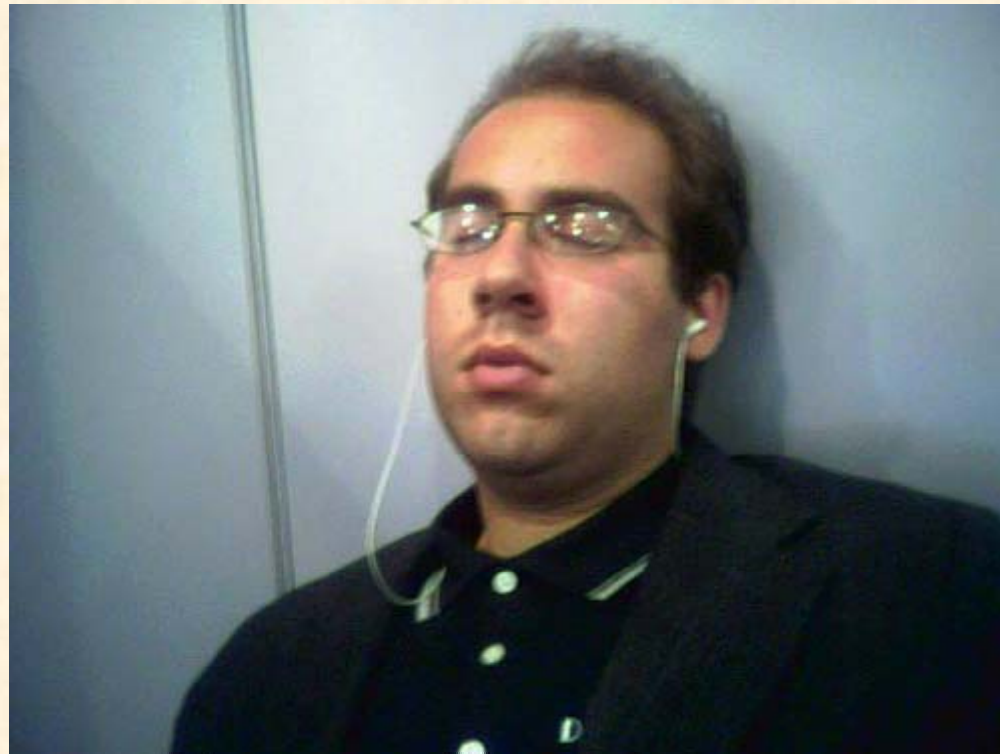
這是高效率人士最常有的七項習慣之一！



This is in exchange for the six hours
last night when I dreamed about work!
這是因爲我要補償我昨晚睡覺時夢
見關於工作的六小時！



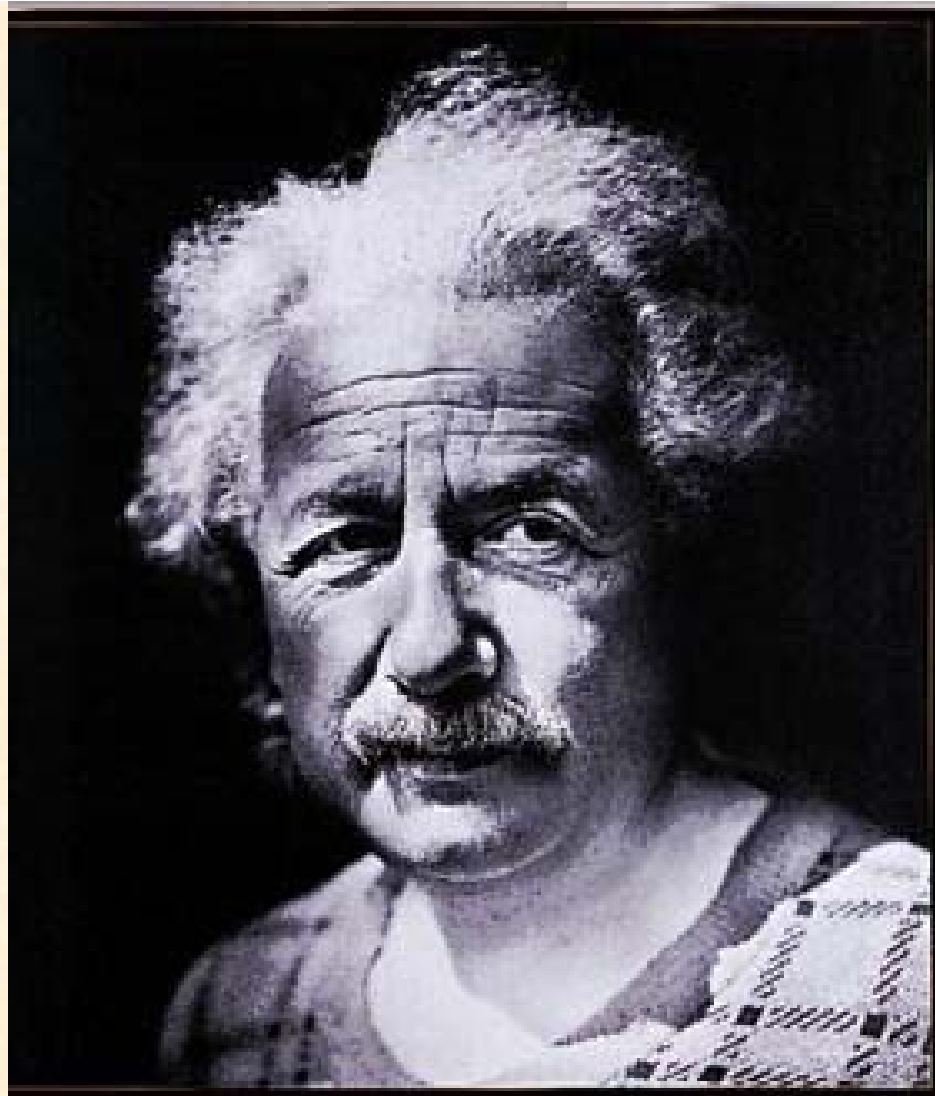
Amen! 阿門！



People who take naps tend to be leaders and some of our most productive members of society. 有小睡習慣的人通常是領導者及在社會上富生產力的人

Notable nappers 例如：



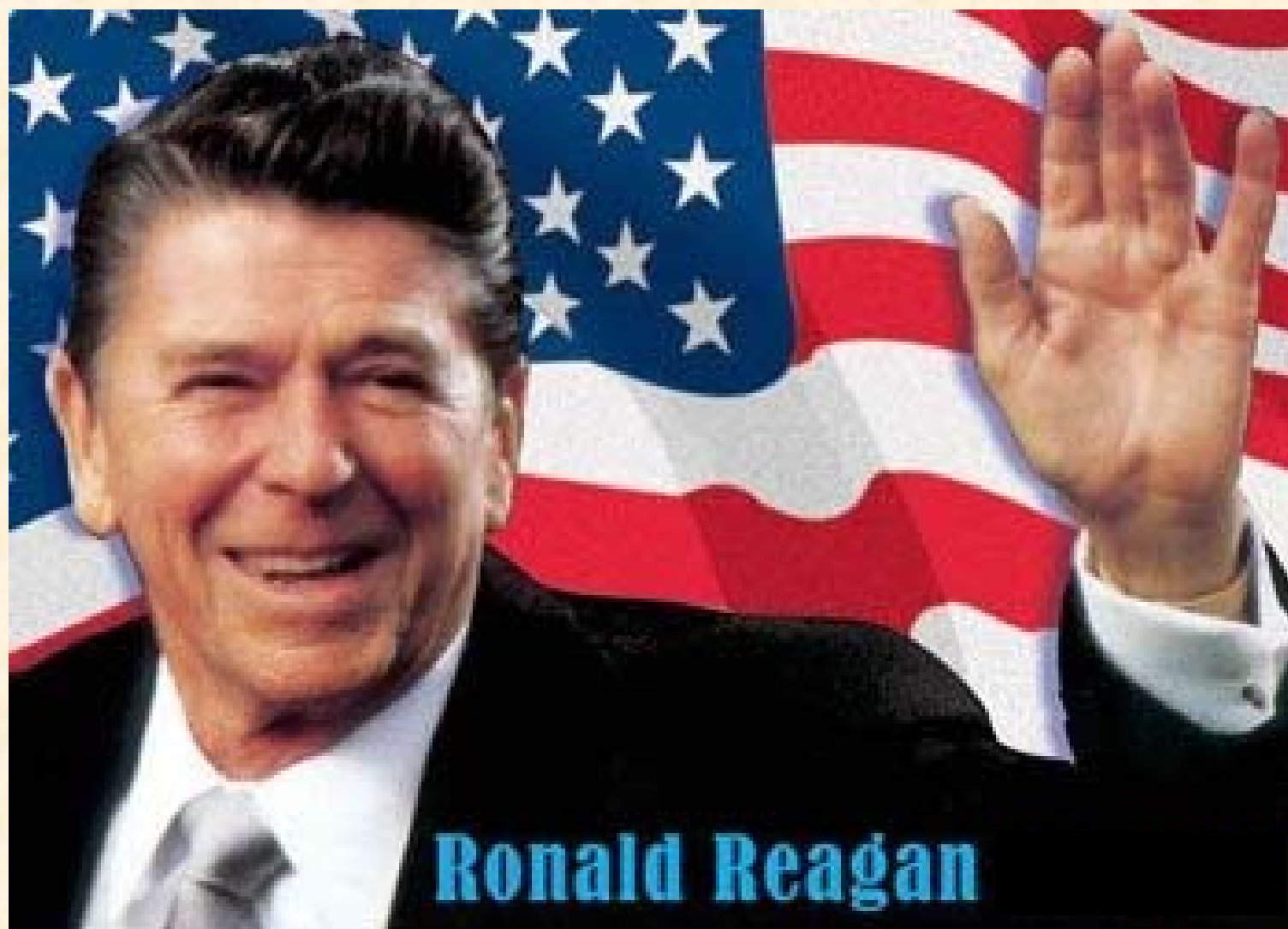


Albert
EINSTEIN

愛因斯坦



約翰甘乃迪



列根



Bill Clinton

克林頓

We have (only) 24 h per day/night

我們每日/夜晚 (只有)24小時

- **7-8hrs sleep** 睡眠
- **8hrs work** 工作
- **8-9hrs** 小時
 - **house** 房子
 - **family** 家庭
 - **recreation** 娛樂
 - **TV** 電視
 - **exercise** 運動



Practical Exercise 實際的鍛鍊

How many hours of sleep at night? 在夜裡睡多少時?		
How many hours of work? 工作多小時		
How many hours of “free time?” 多少空閒時間		
What do you do in your free time?	Time 時間	Activity 活動
你在空閒時間做甚麼?		TV 電視
		House chores 家務
		Family 家人
		Recreation 娛樂
		Other 其他
List three main activities that you do in the weekend. 列出3種你在周末做的活動	1.	
	2.	
	3.	

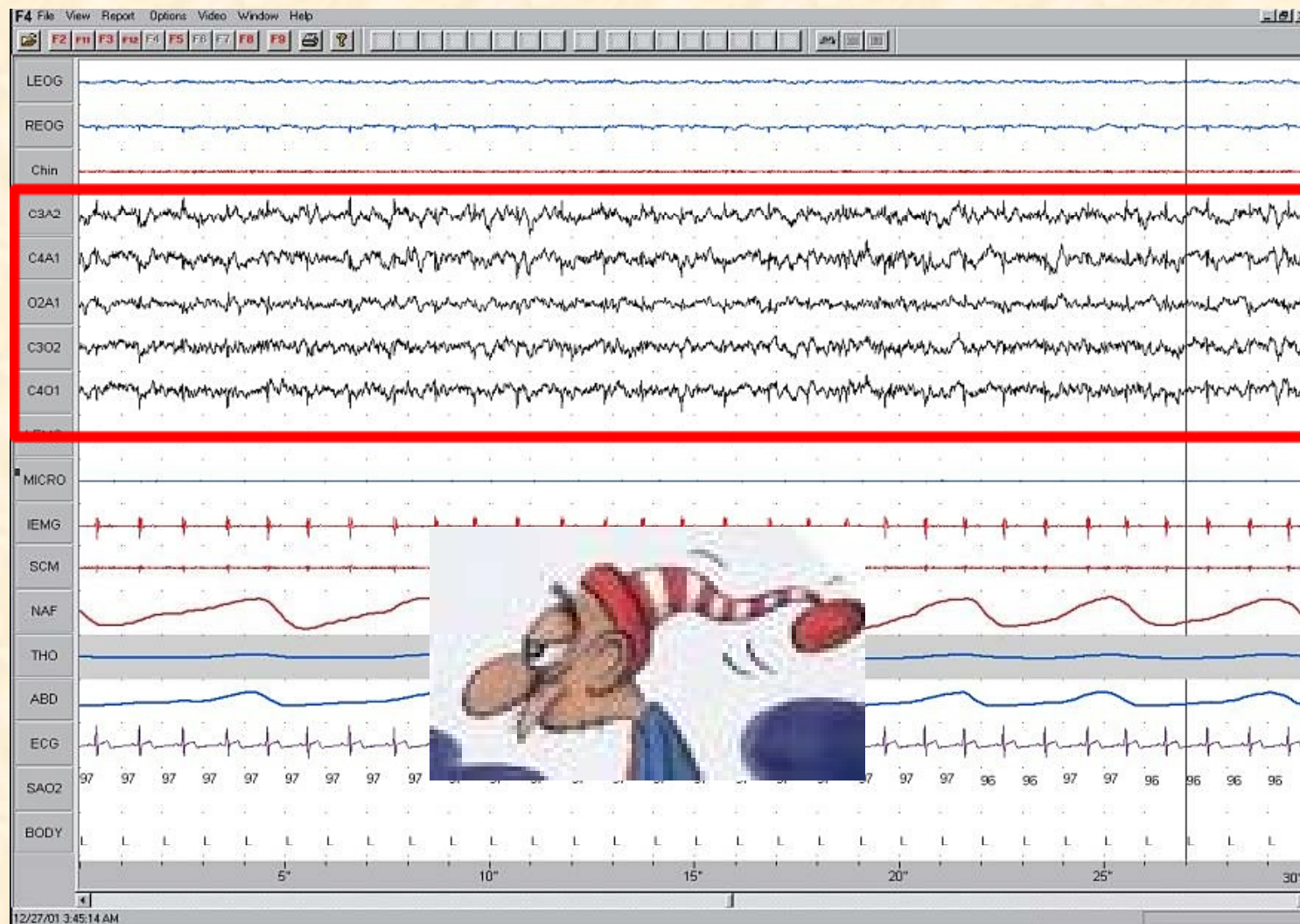
睡眠 Sleep

- 每天有7-8小時睡眠的人比睡眠時間較短的人長命
- 生產力較高,較少疾病
- **People who get at least 7 – 8 hours of sleep per night live significantly longer than those who sleep less.**
- **They are also more productive and are sick less often.**

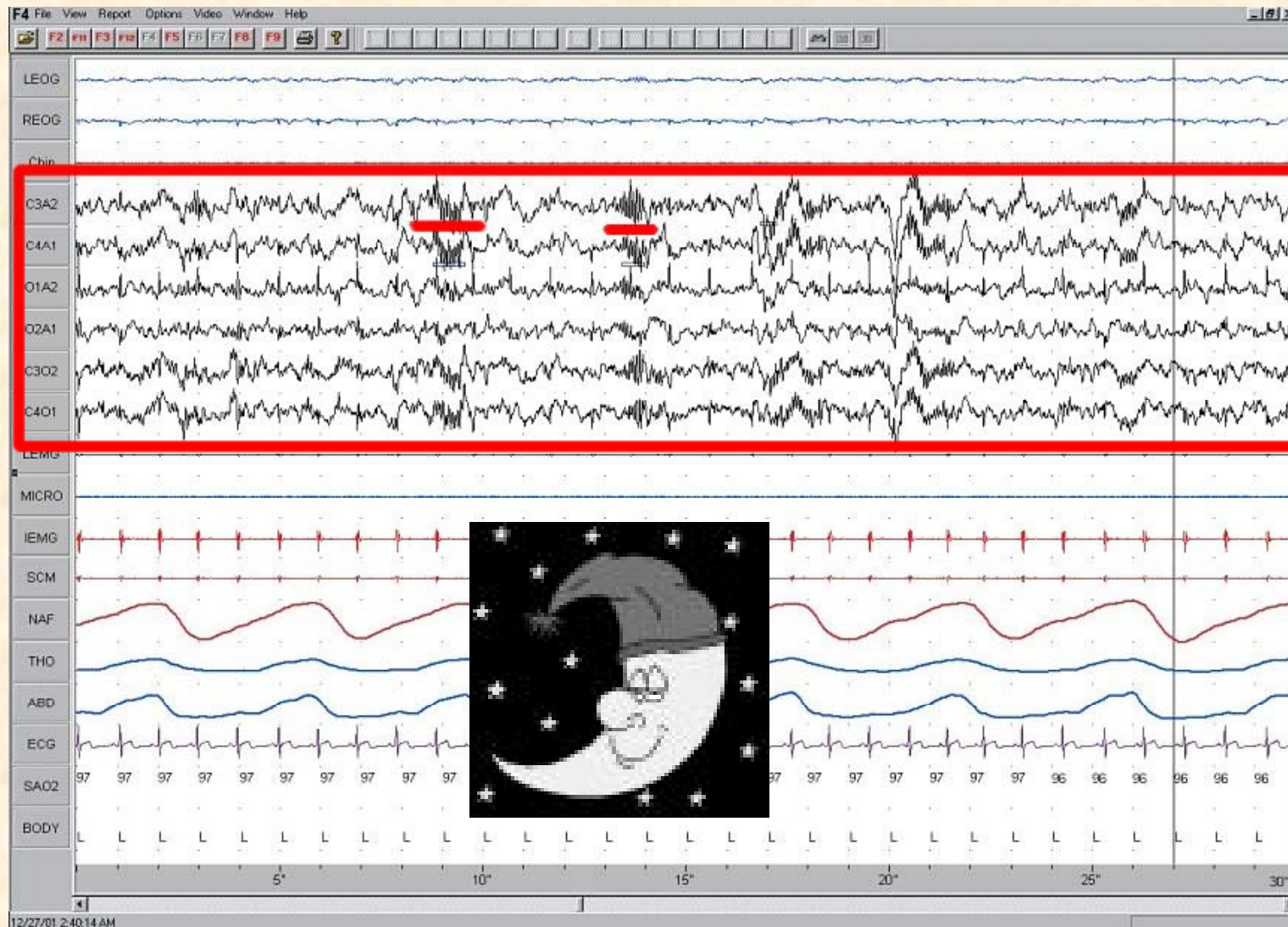


Sleep Phase 1 睡眠第1 階段

Somnolence, drowsy sleep 嗜眠,半醒半睡的

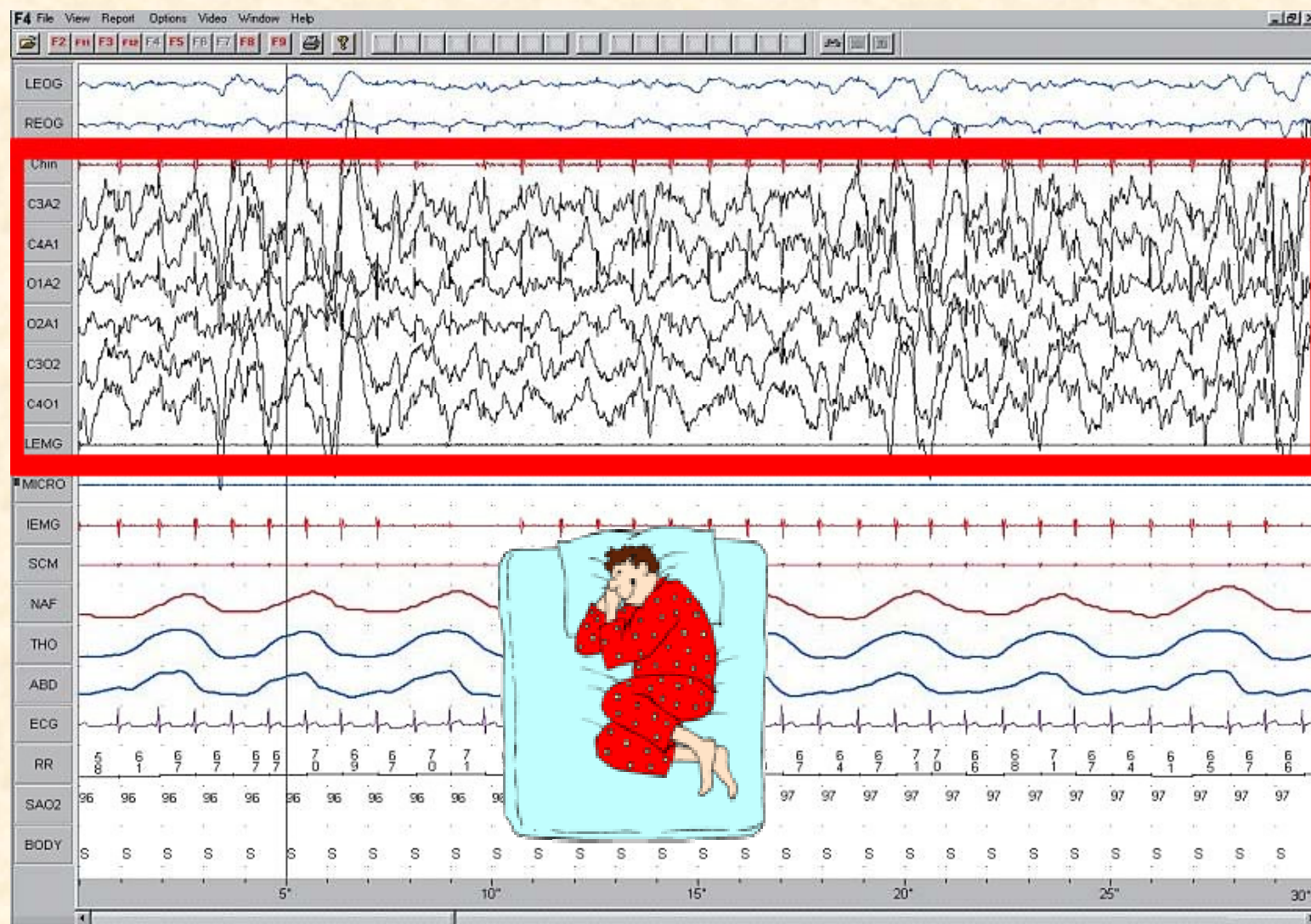


Sleep Phase 2 睡眠第 2 階段



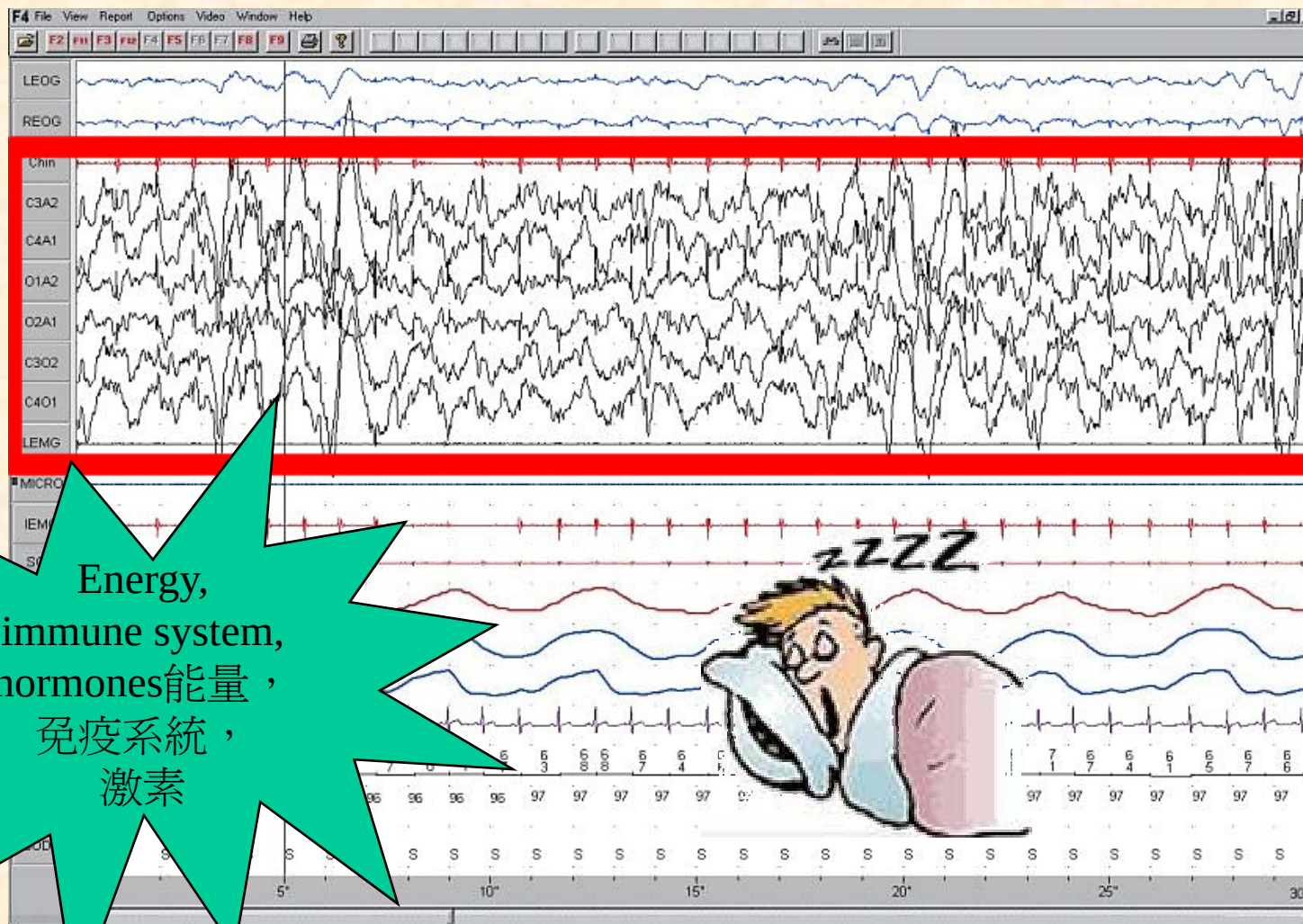
Sleep Phase 3 睡眠第3 階段

First third of the night - deep sleep 第一更深睡眠



Sleep Phase 4 睡眠第4 階段

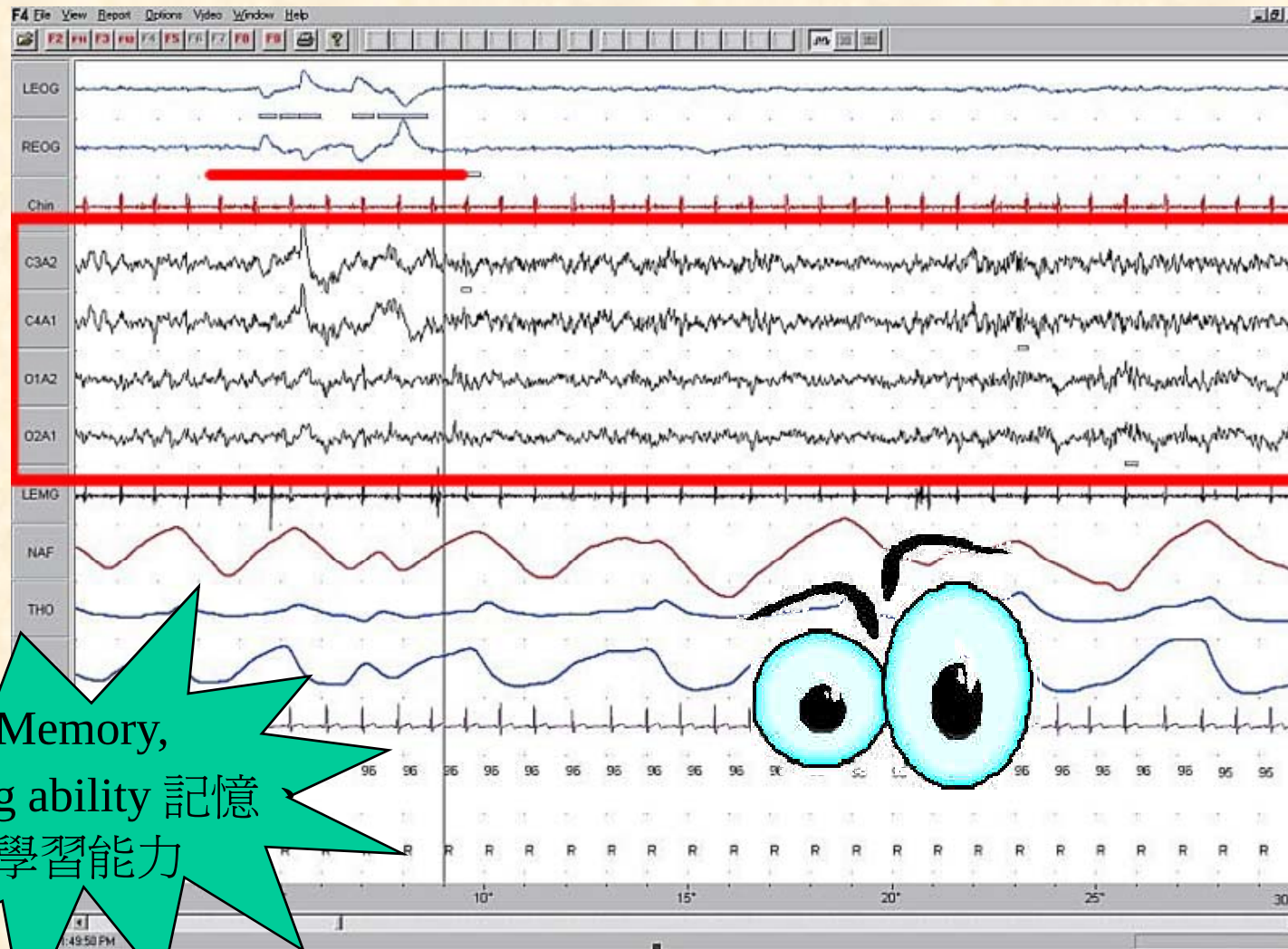
Delta waves - deep sleep T 波(一種慢的腦電波) - 深睡眠



REM Sleep - Rapid Eye Movements

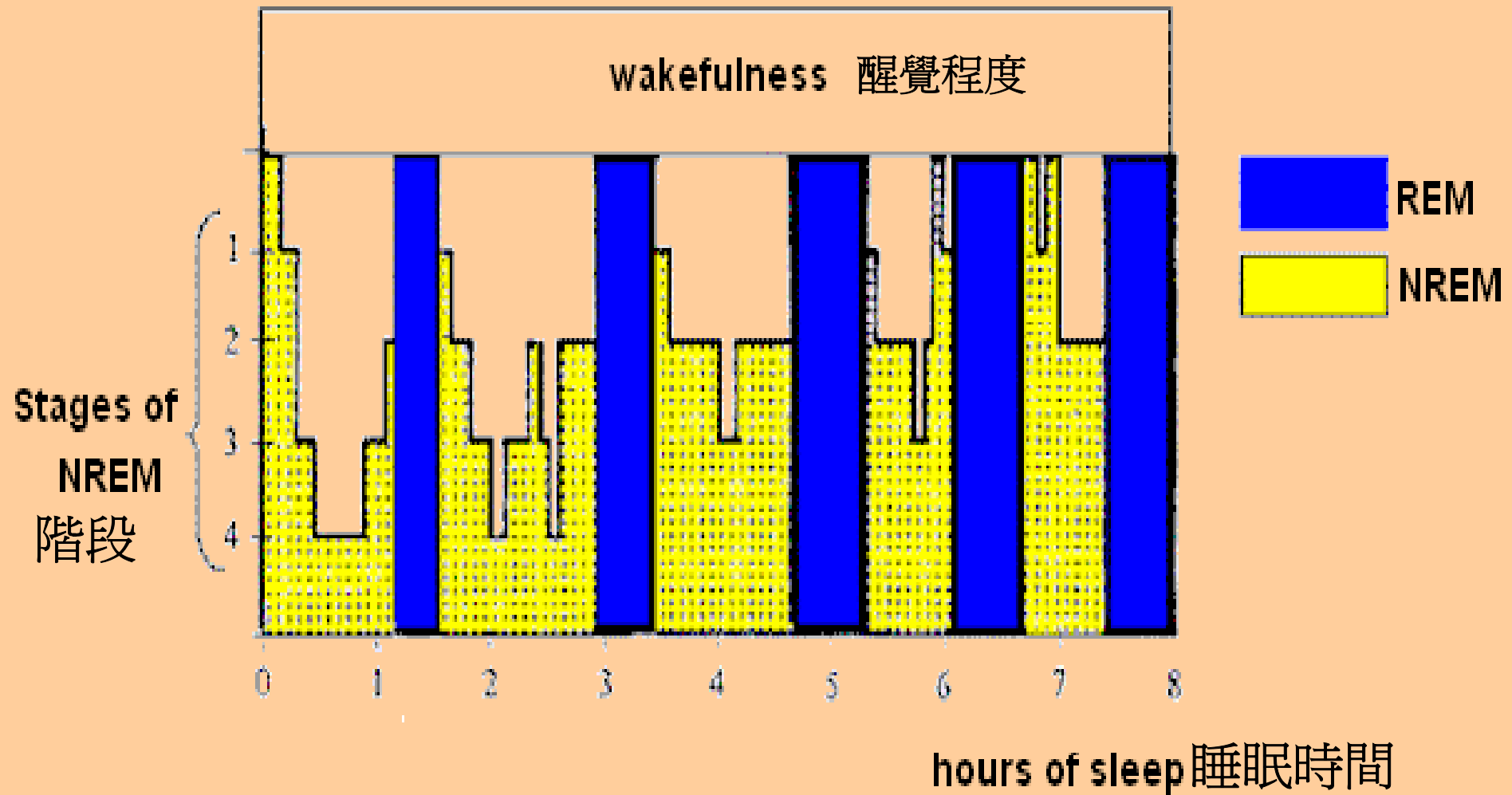
REM 睡眠 - 快速眼球運動

Final third of sleep - Dreaming 第三更睡眠-發夢



Memory,
learning ability 記憶
學習能力

Sleep Phases 睡眠階段



睡眠不足的結果

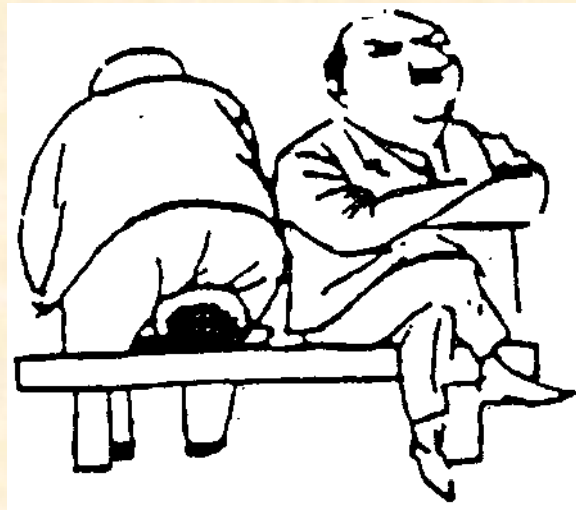
Consequences of Inadequate Sleep

- 減低免疫能力 **Decreased immunity**
- 記性較差 **Memory impaired**
- 難於集中 **Difficulty to concentrate**
- 少忍耐力 *Less patient, irritable*
- 減低醒覺, 易生意外 **Less alert, more accidents**
- 自發性低, 要較長時間才能完成工作
Less initiative, more time to get work done
- 能量較低 **Less energy**



Personality Check

性格測試



*If someone seat on your hat,
how would you react?*

如有人坐扁了你的帽子你會有怎樣的反應?

異 咄 刺
來 蹶 土

被動型

百 榊 刑
慶 園 主

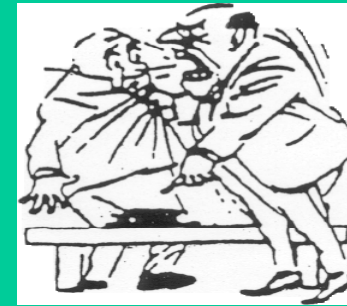
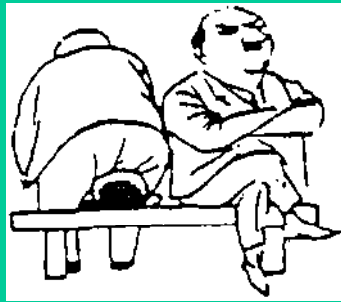
鐵
木

天

派

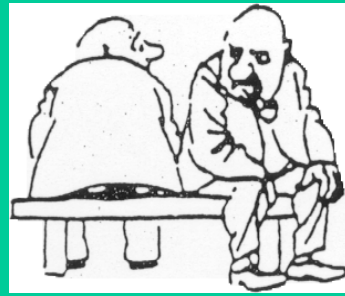
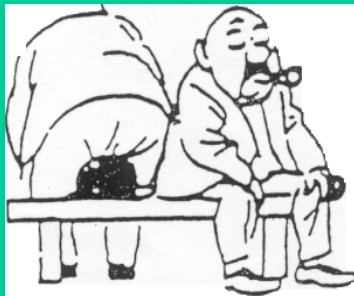
Reactions of different personalities 不同的性格有不同的表現

1



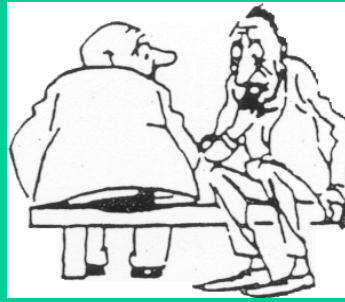
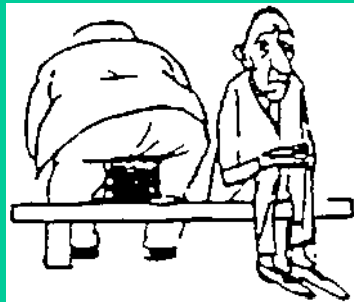
Angry

2



Passive

3



Sad

4



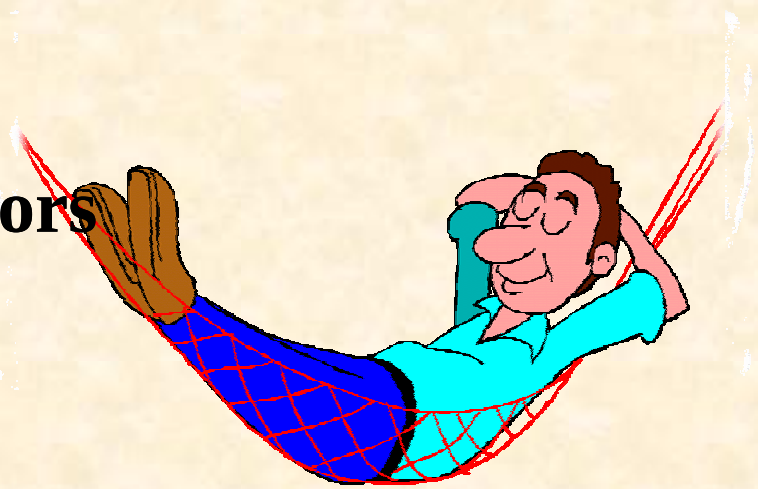
Humorous

Is it type A personality or lack of sleep?
是A形性格或是睡眠不足?



睡眠的研究 Sleep Survey

- **1,000 adults** (Brusking/Goldring Research)
- **26% complain about 4 factors which disturb their sleep**
 1. **Light (dark)**
 2. **Noise (silence)**
 3. **Temperature (room) (20-25C)**
 4. **Mattress**

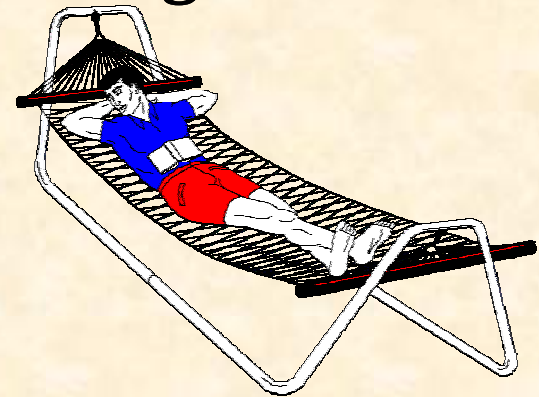


- **1000個成人**
- **26%人投訴影響睡眠的4個因素:**
 - 光
 - 噪音
 - 溫度
 - 床褥

Sleeping Aids

有助睡眠的

- **Avoid coffee, tea, coca-cola, alcohol**
避免咖啡、茶、可口可樂、酒精
- **Eat light dinner** 吃一個小的晚餐
- **Relaxation (reading, music, warm baths)**
放鬆 (閱讀、音樂、暖水浴)
- **Teas: Valerian, Passion flower, Lemon grass**
- 草本茶:如纈草、西番蓮、香茅



Melatonin

2 mg/night for three weeks

Improved Sleep

Garfinkel et al, 1995

MELATONIN LEVEL VARIATIONS THROUGHOUT THE DAY

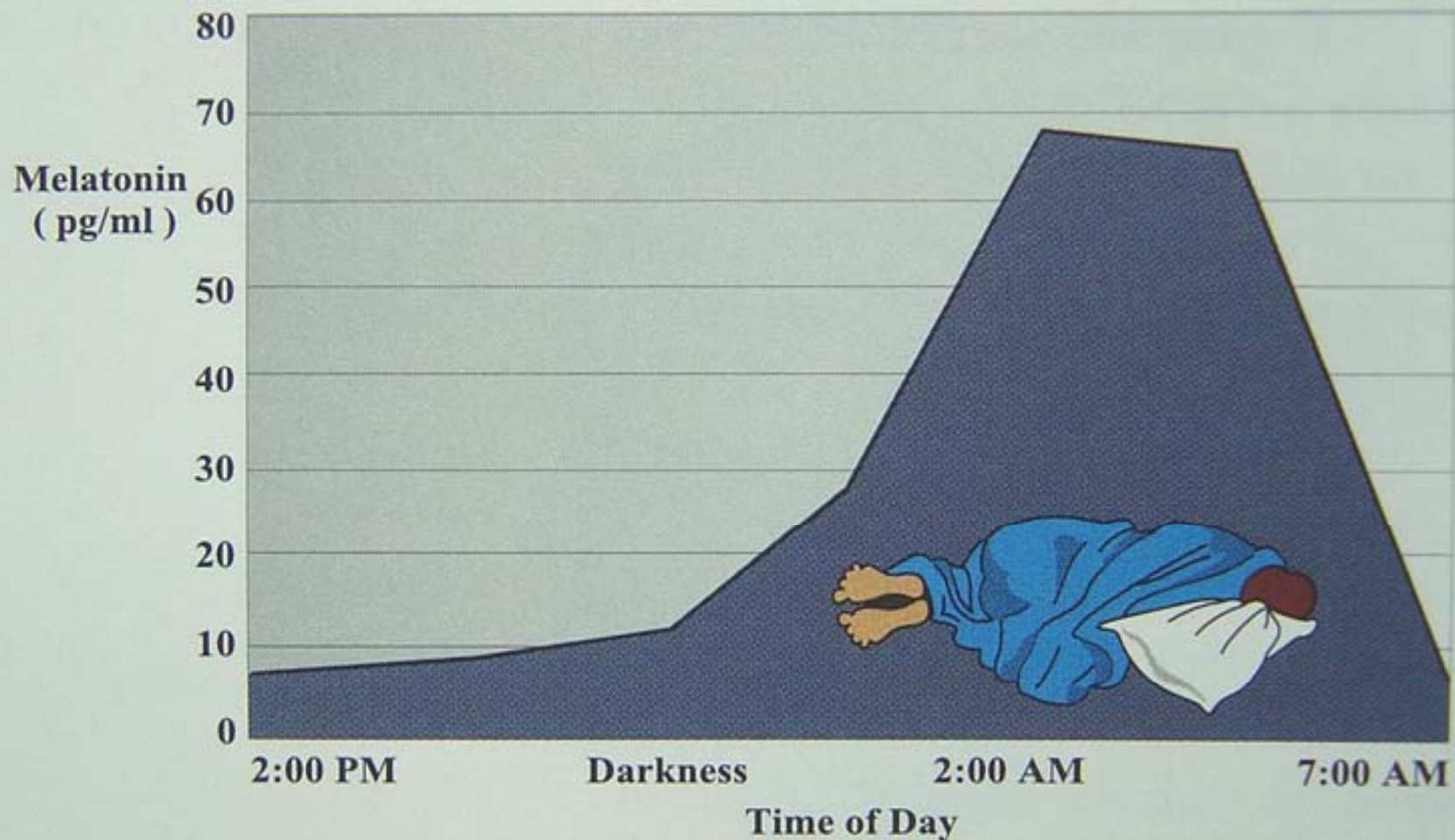


Figure 9

NATURAL LIGHT IS BEST FOR MELATONIN PRODUCTION

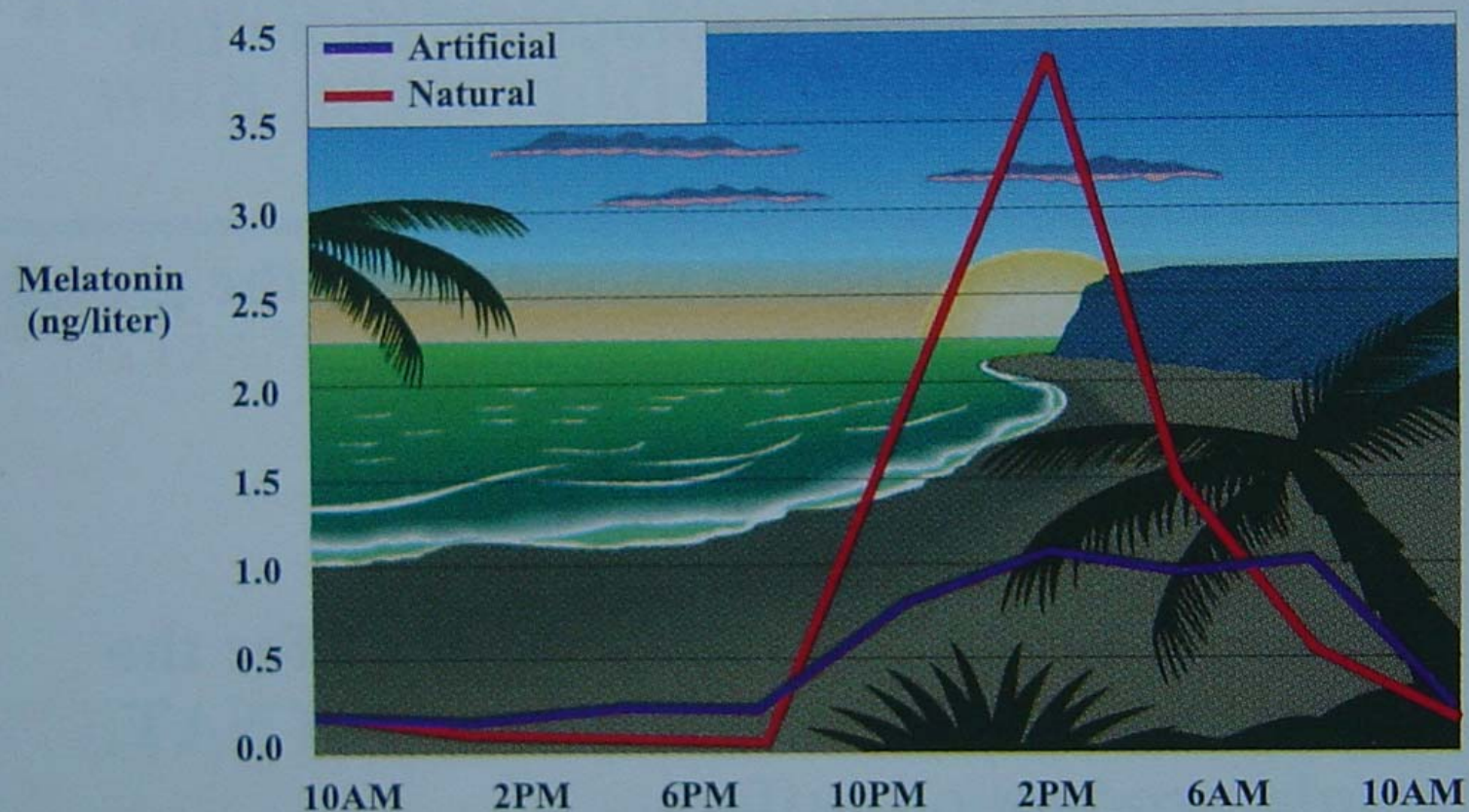


Figure 11

STEPS IN THE PRODUCTION OF MELATONIN

- 1. The pineal gland draws tryptophan, an amino acid, from the blood.**
 - 2. Tryptophan is converted to serotonin in the gland.**
 - 3. Serotonin is converted to melatonin.**
 - 4. An enzyme called NAT must be present for the final step. Without sufficient amounts of NAT, melatonin production suffers.**
-

PROBABLE EFFECTS OF MELATONIN

- Protects against free radical damage from certain carcinogens, herbicides, and radiation
- Prevents or helps fight tumors
- Delays some effects of aging
- Immune enhancer
- Assists in coping with stress
- Increases the ability to experience pleasure
- Lowers cholesterol, blood pressure, and risk of heart rhythm problems
- Lowers risk of osteoporosis



Figure 3

FOODS HIGH IN MELATONIN

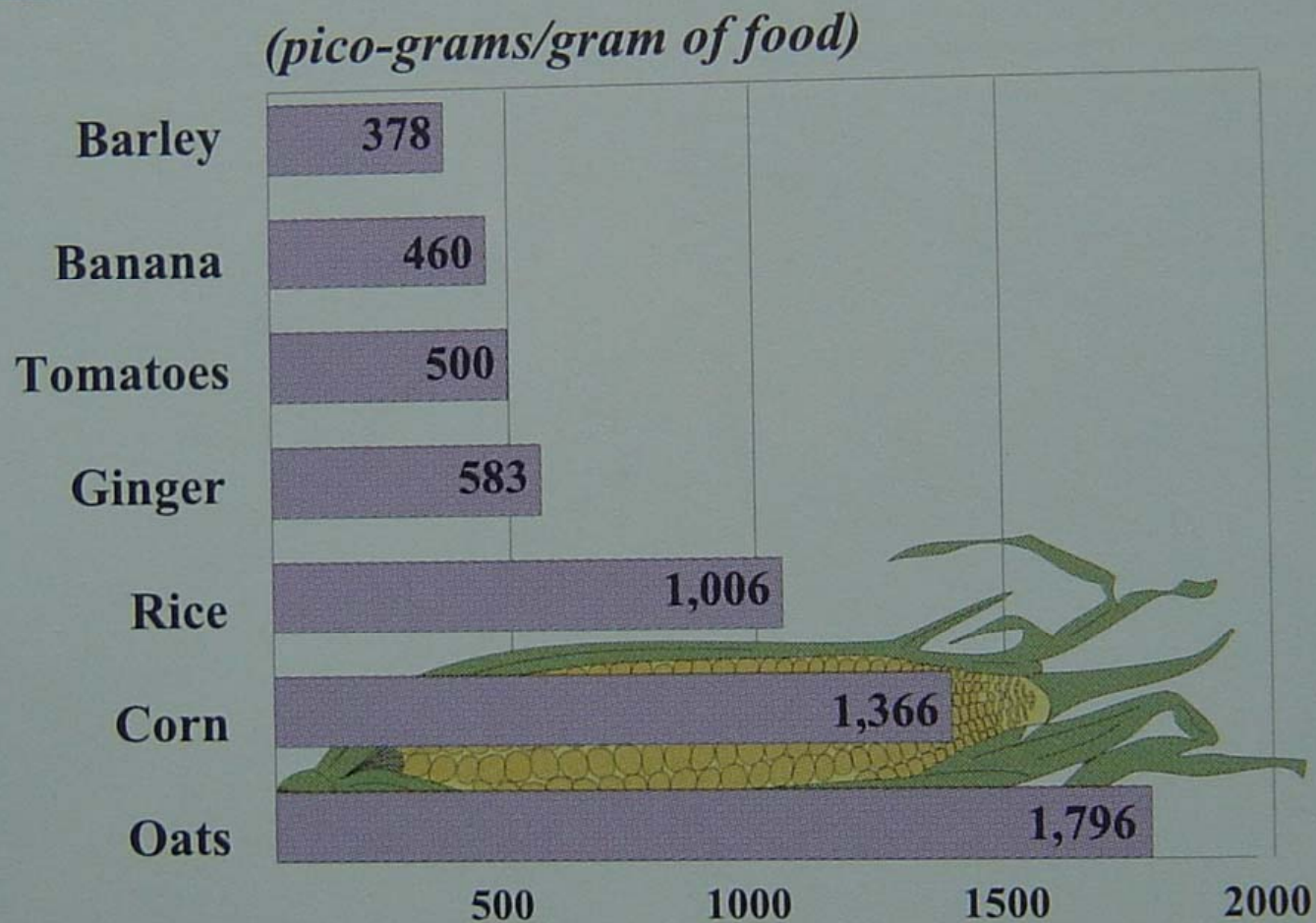


Figure 15

HABITS THAT INCREASE MELATONIN PRODUCTION

- Increase exposure to natural light and minimize exposure to artificial light.
- Sleep in complete darkness.
- Eat foods rich in melatonin, tryptophan, and vitamin B₆.
- Avoid a calcium deficiency.
- Restrict food intake in general.
- Practice fasting, especially in evening hours.



Figure 18

Sleeping Aids

有助睡眠的

- **Identify the amount of sleep you need to stay fully alert all day long**

鑑定你需要幾多小時的睡眠才可保持全日有好的警覺性

- **Go to bed at the same time and wake up at the same time - try not to use the alarm clock** 定時上床睡覺並且定時起床 - 嘗試不使用鬧鐘

- **It might take one month to recover sleep habit**
需要一個月的時間改便睡眠習慣

- **To make up for lost sleep, go to bed early**
要彌補失眠，需早睡覺

Practical Demonstration

實習示範

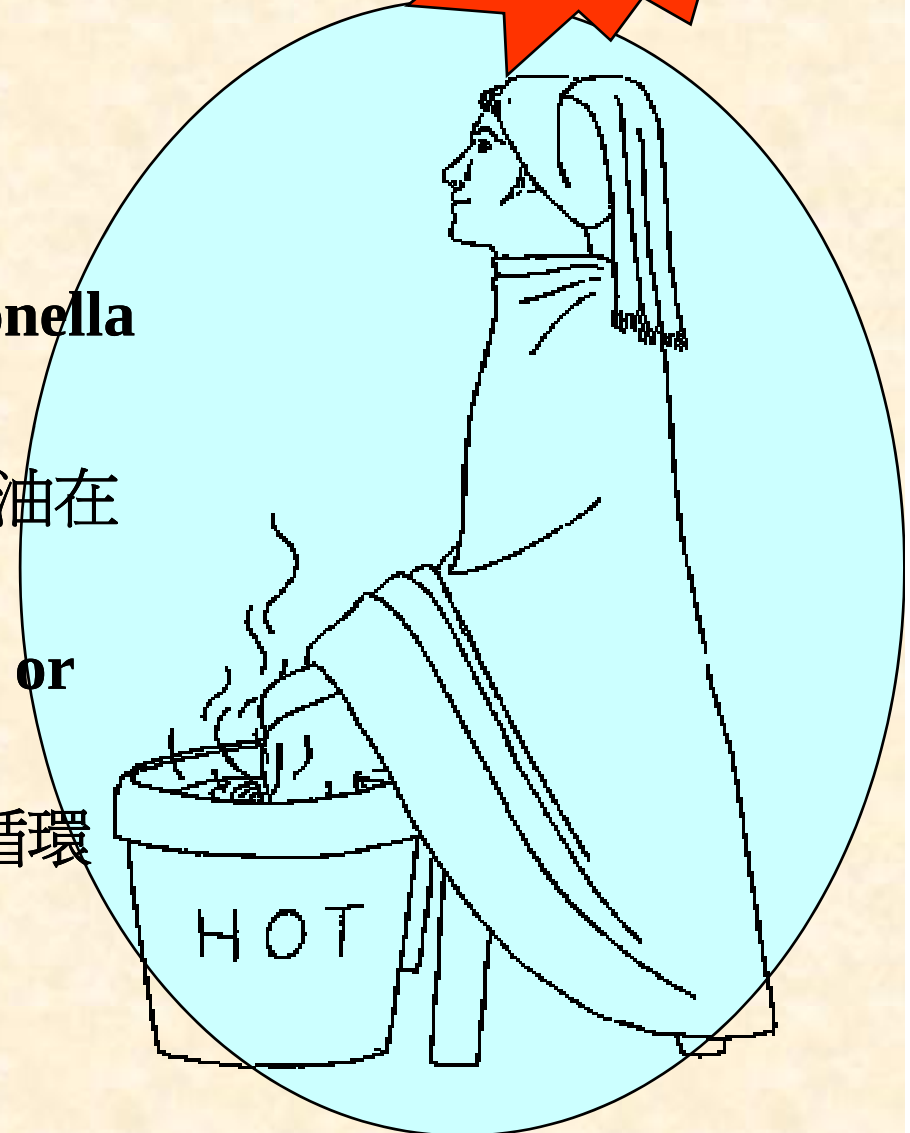
Hot Foot Bath 熱水浸腳
Relaxation 鬆弛運動



Common treatment 普遍療法

- **Hot foot bath 熱水浸腳**
 - **Hot or warm water 熱或暖水**
 - **Cold in the head 頭部凍敷**
 - **15-30 min 15-30 分鐘**
 - **eucalyptus, lemon grass, citronella oil in the water**
放白樹油、香茅油，香櫟樹油在水裏
 - **Contraindicated for diabetics or circulatory problems**
 - 不適合糖尿病患者及有血液循環問題的人士

Warning: Be careful not to burn yourself



Contact with Nature

與大自然接觸





Music 音樂

Music 音樂

交感神經系統



Music 音樂

副交感神經系統



Be a child again!
重拾童真!



Reading 閱讀



Humour - laughter

幽默 - 歡笑

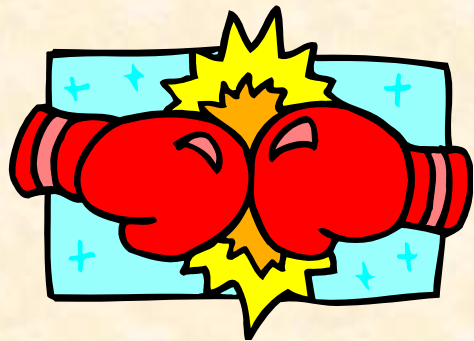


- Rules 規則
- Do not make fun of others 不要嘲笑別人
- Make fun of yourself 嘲笑自己
- Laugh at other jokes 說不會牽涉到其他人的笑話
- Develop positive thoughts and be open for humour in your life 培養正面的思想以及接受生活細節上的幽默

Exercise and relaxation 運動與鬆弛

Some exercises are
relaxing but others not.

有些運動可以令人鬆弛，
有些卻不能。



N = 不鬆弛

Y = 鬆弛

Boxing 拳擊	N
American Football 美式足球	N
Swimming 游泳	Y
Wrestling 摔角	N
Running 跑步	Y
Hiking 遠足	Y
Fishing 釣魚	Y
Bungee Jumping 笨豬跳	N
Walking 步行	Y
Car racing 賽車	N
Competitive sports 競技運動	N
Tai Chi 太極	Y

Other relaxing activities

其他可令人放鬆的活動



Pets 寵物

Crafting 工藝

Gardening 園藝

Collecting 收集物件

Crocheting 編織

Writing 寫作



Relaxation techniques

鬆弛技巧

- **Progressive muscle relaxation**
漸進式肌肉鬆弛
- **Stretching** 伸展
- **Massage** 推拿
- **Hot foot bath** 熱水浸腳法

