

English	繁體中文 Chinese (Traditional)
<p>Long COVID: Sleep problems</p> <p>During any illness it's common to sleep more as your body fights the infection. While you're recovering, it's also common to have disturbed sleep patterns. You may struggle to get back into a good routine.</p>	<p>新冠長期症狀：睡眠問題</p> <p>在患任何疾病期間，比平時多睡覺是常見的，因為你的身體正在對抗感染。當你正康復時，睡眠模式被擾亂也是常見。你可能難以恢復良好的睡眠習慣。</p>
<p>Improving your sleeping pattern</p> <p>There are things you can do to help get back to a better sleeping pattern.</p> <p>Do:</p> <ul style="list-style-type: none">• have a comfortable bedroom temperature• make sure your bedroom is dark – blackout blinds can help• take time to relax later in the evening	<p>改善你的睡眠模式</p> <p>你可以做一些事，幫助恢復較好的睡眠模式。</p> <p>應做的事：</p> <ul style="list-style-type: none">• 睡房應保持舒適的溫度• 確保你的睡房黑暗——使用完全遮光的窗簾會有幫助• 在晚上較後時段，要花時間放鬆自己• 每晚在同一時間準備上床

- get ready for bed at the same time each night
- try to get up at roughly the same time every day
- set aside time during the day to write down any worries you have
- discuss your worries with family and friends if you feel able
- keep a 'sleep diary' to help you work out what helps and what doesn't help you get a good night's sleep
- avoid caffeinated drinks – like tea and coffee – before bed
- avoid screens – like phones or laptops – for at least 2 hours before bed
- try not to snack or eat a large meal late in the evening

If you can't get to sleep within half an hour of going to bed, get up and relax in another room until you feel tired again.

If you're feeling very tired during the day and are struggling to stay awake, a 30 minute 'power nap' can help. It shouldn't affect your sleep at night as long as it's not too late in the day.

- 嘗試每天在大致相同的時間起床
- 白天撥出時間，寫下你的任何憂慮
- 如果你覺得能夠的話，和你的家人或朋友討論你的憂慮
- 寫「睡眠日記」，以幫助你找出甚麼會幫助或妨礙你獲得一宵安眠
- 睡覺前應避免喝含咖啡因飲品（如茶或咖啡）
- 在睡前最少兩小時內應避免使用螢幕（例如電話或手提電腦）
- 夜深時，嘗試不要吃零食或大吃一頓

如果你不能在上床後半小時內入睡，應起來到另一個房間放鬆一下，直至你再次感到疲倦。

如果你在日間感到十分疲倦及難以保持清醒，30分鐘的「充電小睡」會有幫助。只要不是在日間太晚的時候小睡，應該不會影響你在夜間的睡眠。

<p>Relaxation exercises</p> <p>Breathing and relaxation exercises can help to improve your sleep.</p> <p>Speak to your GP practice if:</p> <ul style="list-style-type: none">• your sleep problems are not improving• you're worried about your symptoms	<p>鬆弛運動</p> <p>呼吸及鬆弛運動可以幫助改善你的睡眠。</p> <p>如果出現以下情況，應告訴你的 GP:</p> <ul style="list-style-type: none">• 你的睡眠問題沒有改善• 你對症狀感到擔憂
<p>For more information in Chinese go to www.nhsinform.scot/translations/languages/chinese</p>	<p>如欲獲得更多繁體中文的資訊，可瀏覽 www.nhsinform.scot/translations/languages/chinese</p>
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