

English	简体中文 Simplified Chinese (Mandarin)
Long COVID: Sleep problems 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.	新冠长期症状：睡眠问题 生病时通常需要更多睡眠时间，因为身体在抵抗感染。康复期间睡眠模式紊乱也很常见。您可能需要努力恢复良好的作息。
Improving your sleeping pattern There are things you can do to help get back to a better sleeping pattern. Do: <ul style="list-style-type: none">• have a comfortable bedroom temperature• make sure your bedroom is dark – blackout blinds can help	改善您的睡眠模式 您可以做一些事情来帮助恢复到更好的睡眠模式。 应该做的事情： <ul style="list-style-type: none">• 将卧室的温度调到令人舒适的温度• 确保卧室黑暗——使用不透光窗帘会有所帮助• 在晚上稍晚的时候抽出时间放松

- take time to relax later in the evening
- 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.

- 每天晚上在相同的时间准备睡觉
- 每天尝试在大致相同的时间起床
- 在一天中留出时间写下您的任何担忧
- 如果可以，与家人、朋友讨论您的烦恼
- 记录“睡眠日志”，帮助您弄清楚有利于和不利于夜间良好睡眠的事情
- 避免睡前饮用茶和咖啡等含咖啡因的饮品
- 睡觉前至少2小时内避免使用电子产品——如手机或笔记本电脑
- 尽量不要在晚上吃零食或大量进食

如果您上床半小时内无法入睡，请起床，到另一间房间放松，直至您再次感到疲倦。

如果您白天感到非常疲倦，并且很难保持清醒，30分钟的“小憩”可能很有用。只要白天小睡不是太迟，应该不会影响夜间睡眠。

<p>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.</p>	
<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>放松练习</p> <p>呼吸和放松练习可能帮助改善您的睡眠。</p> <p>如有下列情况，请告知GP：</p> <ul style="list-style-type: none">• 您的睡眠问题没有改善• 对症状感到担心
<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese</p>	<p>更多简体中文信息，请浏览 www.nhsinform.scot/translations/languages/chinese</p>
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