

Do you get enough sleep?

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各位老師，各位同學，大家午安，我是 802 陳政揚，我是今天的英文小達人，今天，我要為大家播報的內容，是 **Do you get enough sleep?**

The idea may hit you once or twice a week. From busy school or work life, you can sleep in without waking up too early, enjoying wonderful dreams while sleeping. However, having enough sleep is usually like “the castle in the sky” for many people; not everyone can get it. An App with over 2 million users in forty-seven countries tells us the following average sleeping times.

From the survey, we know only Americans sleep more than seven hours each day. A lot of studies, however, show people over 20 should get seven hours of sleep each night and those under 20, one more hour of sleep. Sleeping less than six hours a night can make one get sick easily, lose his/her attention at school or at work and leave one 12% more likely to die before 65 years old. But sleeping too much is not good for one either. Sleeping longer than nine hours a night can make one 30% more likely to die before 65.

If one cannot have enough sleep every day, he/she needs to learn at least how to sleep better. Here are some useful ways.

1. Clear one's bedroom of TVs and computers.
2. Don't play with cellphones before bed.
3. Don't sleep with pets.
4. Keep exercising for thirty minutes three or four times in the morning

or afternoon a week.

5. Keep one's bedroom cool, do easy exercise before bed, and listen to soft music like piano music before bed.

It goes without saying sleeping enough is important; so is sleeping safe and sound. After all, if one gets insomnia because of poor sleep and cannot sleep well, one will feel tired and worried during the daytime!

Thanks for your listening. See you next time!