Better Sleep, Naturally 自然好眠

A Self-Study Course for Better Nights and Brighter Days

一门帮助您睡得更好、白天更有精神的自学课程

全球银龄学院

Global Academy of Lifelong Learning

A self-study course — learn at your own pace, in your own home.

这是一门自学课程——请按自己的节奏，在家中慢慢学习。

8 lessons · about 45–60 minutes each

共 8 课，每课约 45–60 分钟

Welcome — How to Use This Course 欢迎——如何使用这门课程

Sleep is one of the kindest gifts we can give ourselves. This course will help you understand your sleep, build gentle habits that support it, and create a personal sleep plan that fits your life. There are no tests and no grades. You are learning for yourself, at your own pace.

睡眠是我们能送给自己的最温柔的礼物之一。这门课程将帮助您了解自己的睡眠，建立温和有益的习惯，并制定一份适合您生活的个人睡眠计划。这里没有考试，也没有分数。您是为自己而学，按自己的节奏来。

How to use each lesson / 如何使用每一课

- **Read** the lesson slowly, in one sitting or a little at a time. / 慢慢阅读每一课，可以一次读完，也可以分几次读。

- **Do** the step-by-step routine or exercise in the lesson. / 按照课中的步骤，完成练习或养成一个小习惯。
- **Try this tonight** — one small thing to try the very same evening. / “今晚试一试”——当天晚上就可以试一件小事。
- **Check yourself** — tick the boxes when you have tried each step. / “自我检查”——做到了，就打勾。

You do not need to change everything at once. Small, steady changes work best. Pick the one idea in each lesson that feels easiest, and start there.

不需要一次改变所有事情。小而持续的改变最有效。每一课里，挑一个您觉得最容易的想法，从那里开始。

A note about your health / 关于健康的一点提醒

This course offers general information for healthy sleep habits. It does not diagnose or treat any medical condition. If any of these apply to you, please talk with your doctor:

本课程提供的是关于健康睡眠习惯的一般信息，不能诊断或治疗任何疾病。如果您有以下任何情况，请咨询医生：

- Loud snoring with pauses in breathing during sleep. / 睡觉时打鼾声音很大，并且呼吸会停顿。

- •Trouble sleeping most nights for several weeks. / 连续几周，大多数夜晚都睡不好。
- •Daytime sleepiness that affects your safety — for example, feeling drowsy while driving. / 白天困倦到影响安全，例如开车时犯困。

Asking a doctor is a wise, ordinary step — not something to be embarrassed about.

咨询医生是明智而平常的做法，不必觉得不好意思。

Lesson 1: How Sleep Changes as We Age 第 1 课：随着年龄增长，睡眠的变化

Goal / 学习目标： Understand why your sleep is different now — and why that is normal. / 了解为什么现在的睡眠和以前不一样——以及为什么这是正常的。

Many people notice that sleep changes with age. You may fall asleep earlier in the evening and wake earlier in the morning. Your sleep may feel lighter, and you may wake up once or twice during the night. This is common, and it does not mean something is wrong with you.

许多人发现，随着年龄增长，睡眠会发生变化。您可能晚上睡得更早，早上醒得更早；睡眠变浅了，夜里会醒来一两次。这是常见的现象，并不意味着您的身体出了问题。

Inside the body, a kind of "sleep clock" keeps time. As we age, this clock often shifts earlier — that is why many older adults feel sleepy at 9 p.m. and wide awake at 5 a.m. Deep sleep also becomes a little shorter, so small noises or a full bladder can wake us more easily. Knowing this helps: instead of fighting your body, you can work with it.

身体里有一个“睡眠时钟”在计时。随着年龄增长，这个时钟常常会提前——这就是为什么许多老年人晚上 9 点就困了，早上 5 点就醒了。深睡眠的时间也会稍稍变短，所以一点小动静或膀胱胀满都更容易把我们弄醒。了解这一点很有帮助：与其和身体较劲，不如顺应它。

A gentle routine: notice your own pattern / 温和的练习：观察自己的睡眠规律

1. For three nights, write down what time you feel sleepy, what time you fall asleep, and what time you wake up. / 连续三个晚上，记下您几点开始犯困、几点入睡、几点醒来。
2. Notice any pattern: an early bedtime, a wake-up in the

middle of the night, an early morning waking. / 留意其中的规律：是不是睡得早、半夜会醒、早上醒得早。

3. Bring these notes to Lesson 8, where you will build your own sleep plan. / 把这些记录留到第 8 课，到时您会用它们制定自己的睡眠计划。

> **Try this tonight / 今晚试一试：** Tonight, do not watch the clock. If you wake in the night, rest quietly and breathe slowly instead of checking the time. / 今晚不要盯着时钟看。如果半夜醒了，请安静地躺着，慢慢呼吸，不要去看时间。

> **Check yourself / 自我检查：**
>
> ☐ I know that lighter sleep and earlier waking are common with age. / 我知道睡眠变浅、醒得早是年龄增长的常见现象。
>
> ☐ I started my three-night sleep notes. / 我开始记录连续三个晚上的睡眠情况。

Lesson 2: A Steady Sleep Rhythm: Same Time, Every Day 第 2 课：稳定的睡眠节律：每天同一时间

> **Goal / 学习目标：** Set a regular sleep and wake time — the single most powerful sleep habit. / 固定每天的睡觉和起床时

> 间——这是最有效的睡眠习惯。

Your body's sleep clock loves regularity. When you go to bed and get up at about the same time every day — including weekends — your body learns when to feel sleepy and when to feel alert. People who keep a steady rhythm usually fall asleep faster and wake up feeling more rested.

身体的睡眠时钟最喜欢规律。每天大约同一时间上床、同一时间起床（包括周末），身体就会学会什么时候该困、什么时候该清醒。作息规律的人通常入睡更快，醒来也更有精神。

Choose a wake-up time you can keep every day, and count back 7 to 8 hours for your bedtime. If you now wake at very different times, move your schedule gently — by 15 minutes every few days — until it is steady. Do not try to fix it all in one night.

选一个每天都能坚持的起床时间，再往前推 7 到 8 小时，就是您的上床时间。如果您现在的作息很不规律，请慢慢调整——每隔几天提前或推后 15 分钟，直到稳定下来。不要想一夜之间就改过来。

A gentle routine: build your rhythm / 温和的练习：建立您的节律

1. Pick your wake-up time first — it is the anchor of the whole

day. / 先定起床时间——它是一整天的锚。

2. Set a bedtime 7 to 8 hours before it, and keep both within 30 minutes every day. / 上床时间定在起床前 7 到 8 小时，两者每天的浮动不超过 30 分钟。
3. Use a gentle alarm for waking, and get up at the same time even after a poor night. / 用柔和的闹钟叫醒自己，即使前一晚没睡好，也按时起床。
4. Step into daylight soon after waking — light tells your clock that the day has begun. / 起床后尽快接触日光——光线会告诉身体，新的一天开始了。

Try this tonight / 今晚试一试： Go to bed at your new regular bedtime, even if you do not feel very sleepy yet. Lie quietly and let sleep come. / 今晚请按新的固定时间上床，即使还不太困。安静地躺着，让睡意慢慢到来。

Check yourself / 自我检查：

☐ I chose a regular wake-up time. / 我选好了固定的起床时间。

☐ I chose a bedtime 7–8 hours before it. / 我选好了上床时间（起床前 7–8 小时）。

☐ I kept both times within 30 minutes today. / 今天我把两个时间的浮动控制在 30 分钟以内。

Lesson 3: Your Bedroom: Cool, Dark, and Quiet 第 3 课：卧室：凉爽、黑暗、安静

> **Goal / 学习目标：** Make your bedroom a place that invites sleep. / 把卧室变成一个让人想睡觉的地方。

Your bedroom should tell your body one thing: it is time to sleep. Three things matter most — cool, dark, and quiet. A slightly cool room helps your body temperature fall, which is part of falling asleep. Darkness tells your brain to make melatonin, the hormone that brings sleepiness. Quiet — or a steady, soft sound — keeps small noises from waking you.

卧室应该只向身体传达一个信息：该睡觉了。最重要的有三点——凉爽、黑暗、安静。略微凉爽的房间有助于体温下降，而体温下降是入睡的一部分。黑暗会促使大脑分泌褪黑素，这种激素会带来睡意。安静（或持续轻柔的声音）可以防止小动静把您吵醒。

A gentle routine: the bedroom check / 温和的练习：卧室检查

1. Cool: aim for a slightly cool room — if you wake up sweating, it is too warm; if you need heavy blankets and still feel cold, it is too cool. / 凉爽：房间略微凉一点为好——如果醒来一身汗，就是太热了；如果盖着厚被子还觉得冷，就是太凉了。

2. Dark: close curtains or use an eye mask; cover small glowing lights from chargers or devices. / 黑暗：拉上窗帘或戴眼罩；遮住充电器、小电器发出的小亮光。
3. Quiet: close the door and window if noise comes in; a fan or soft white-noise sound can mask sudden noises. / 安静：如果外面有噪音，关上门窗；风扇或轻柔的白噪音可以掩盖突然的声响。

4. Comfort: a pillow that supports your neck, bedding you like, and a bed used mainly for sleep — not for working or watching the news. / 舒适：枕头要能撑住脖子，被褥要让您喜欢；床主要用来睡觉，而不是工作或看新闻。

Try this tonight / 今晚试一试： Tonight, make one improvement to your bedroom — close the curtains fully, cover one glowing light, or open the window a little for cool air. / 今晚，给卧室做一处改进——把窗帘完全拉上，遮住一处亮光，或者开一点窗透进凉爽的空气。

Check yourself / 自我检查：

☐ My room is slightly cool. / 我的房间略微凉爽。

☐ My room is dark, with glowing lights covered. / 我的房间很暗，小亮光都遮住了。

☐ My bed is mainly for sleep. / 我的床主要用来睡觉。

Lesson 4: Light, Caffeine, and Alcohol: Three Levers

第 4 课：光线、咖啡因与酒精：三个调节因素

> **Goal / 学习目标：** Use daylight, caffeine, and alcohol wisely — three levers that strongly affect sleep. / 明智地使用日光、咖啡因和酒精——这三个因素对睡眠影响很大。

Light. Bright light in the morning wakes your clock up; bright light late at night confuses it. Get outside or sit by a bright window in the morning. In the evening, dim the lights in your home an hour before bed.

光线。早晨的明亮光线会唤醒您的生物钟；深夜的强光则会扰乱它。早上到户外走走，或坐在明亮的窗边。晚上睡前一小时，把家里的灯光调暗。

Caffeine. Coffee, strong tea, cola, and chocolate all contain caffeine, and it can stay in your body for many hours. A cup of coffee at 4 p.m. can still be working at midnight. A simple rule: keep caffeine to the morning, and stop by noon if your sleep is light.

咖啡因。咖啡、浓茶、可乐、巧克力都含有咖啡因，它可以在体内停留很多小时。下午 4 点喝的一杯咖啡，到午夜可能还在起作用。一个简单的原则：只在上午摄入咖啡因；如果您的睡眠较浅，中午之后就不要再喝了。

Alcohol. A nightcap may make you feel drowsy, but alcohol breaks up your sleep later in the night and can make snoring worse. If you drink, keep it small, earlier in the evening, and not every night — and notice whether your sleep is better on nights without it.

酒精。睡前一杯酒可能让您觉得困，但酒精会在后半夜打断睡眠，还可能加重打鼾。如果您喝酒，请少量、早一点喝，不要天天喝——并留意一下，不喝酒的夜晚是不是睡得更好。

A gentle routine: the three-lever check / 温和的练习：三个因素自查

1. Morning light: spend 15–30 minutes in daylight before noon. / 晨光：中午之前，在日光下待 15–30 分钟。
2. Caffeine: write down every caffeinated drink today and what time you had it. / 咖啡因：记下今天喝的每一杯含咖啡因的饮品和时间。
3. Evening: dim the lights one hour before bed; if you drink alcohol, finish it at least 3 hours before bed. / 晚上：睡前一小时调暗灯光；如果喝酒，至少在睡前 3 小时喝完。

> **Try this tonight / 今晚试一试：** Have your last caffeinated

drink before noon today, and dim your home's lights one hour before bed. / 今天请在中午之前喝完最后一杯含咖啡因的饮品，并在睡前一小时调暗家里的灯光。

Check yourself / 自我检查：

☐ I got morning daylight today. / 今天我晒到了早晨的日光。

☐ My last caffeine was before noon. / 我最后一杯咖啡因饮品在中午之前。

☐ I dimmed the lights an hour before bed. / 睡前一小时我调暗了灯光。

Lesson 5: Screens, News, and Winding Down 第 5 课：屏幕、新闻与睡前放松

Goal / 学习目标： Build a calm 30-minute wind-down before bed, without screens or upsetting news. / 建立睡前 30 分钟的平静放松习惯，远离屏幕和令人不安的新闻。

Television, phones, and tablets do two things that fight sleep: their bright light tells your brain it is still daytime, and their content — especially news and arguments — wakes up your mind. The last hour before bed is precious. Give it to calm things instead.

电视、手机、平板有两点与睡眠作对：它们的亮光告诉大脑还是白天；它们的内容——尤其是新闻和争论——会让大脑兴奋起来。睡前最后一小时很宝贵，请把它留给平静的事情。

A wind-down routine is a small set of pleasant steps you repeat every night, in the same order. Your body soon learns: when these steps begin, sleep is coming. Here is an example — make it your own:

睡前放松程序就是每晚按同样顺序重复的几个愉快的小步骤。身体很快就会学会：这些步骤一开始，睡眠就要来了。下面是一个例子——请把它变成您自己的：

A gentle routine: my 30-minute wind-down / 温和的练习：我的 30 分钟睡前放松

1. 30 minutes before bed: turn off the television, phone, and tablet. Charge the phone outside the bedroom if you can. / 睡前 30 分钟：关掉电视、手机、平板。如果可以，把手机放在卧室外充电。
2. 20 minutes before bed: wash up, change into nightclothes, and do something gentle — read a paper book, listen to soft music, or stretch lightly. / 睡前 20 分钟：洗漱、换上睡衣，做一

件温和的事——读纸质书、听轻柔的音乐，或轻轻拉伸。

3. 10 minutes before bed: dim the lights, take five slow breaths, and think of one good thing from the day. / 睡前 10 分钟：调暗灯光，慢慢深呼吸五次，想一件今天的好事。

Try this tonight / 今晚试一试： Put your phone to charge outside the bedroom tonight, and read a paper book or magazine for the last 20 minutes before bed. / 今晚请把手机放在卧室外充电，睡前最后 20 分钟读一本纸质书或杂志。

Check yourself / 自我检查：

☐ Screens off 30 minutes before bed. / 睡前 30 分钟关掉了屏幕。

☐ I did one gentle activity before bed. / 睡前我做了一件温和的事。

☐ My phone charged outside the bedroom. / 我的手机在卧室外充电。

Lesson 6: Naps, Movement, and Daytime Energy 第 6 课：小睡、运动与白天精力

Goal / 学习目标： Nap wisely, move daily, and build daytime energy that leads to better nights. / 明智地小睡、每天活动，积累白天的精力，换来更好的夜晚。

Naps. A short nap can be a joy — and it can help. Keep it short (20–30 minutes) and early (before 3 p.m.), so it does not steal from your night's sleep. Set an alarm, nap in a chair or on the sofa rather than in bed, and get up when the alarm rings.

小睡。短短的小睡可以是一种享受，也确实有帮助。请保持短（20–30 分钟）而早（下午 3 点之前），这样才不会偷走夜晚的睡眠。定好闹钟，在椅子或沙发上小睡，不要上床，闹钟一响就起来。

Movement. Regular gentle movement — walking, tai chi, gardening, dancing in the kitchen — is one of the best sleep medicines there is. It tires the body in a healthy way, lifts mood, and deepens sleep. Aim for some movement most days, ideally outdoors in daylight, and finish vigorous activity at least 3 hours before bed.

运动。规律的温和运动——散步、太极、园艺、在厨房跳舞——是最好的助眠良方之一。它让身体健康地疲劳，改善心情，加深睡眠。争取大多数日子都动一动，最好在户外的日光下活动；剧烈运动至少在睡前 3 小时结束。

If you feel very sleepy in the daytime most days, that is worth mentioning to your doctor (see the note in the introduction).

如果您大多数日子白天都非常困，这一点值得向医生提一下（见前言中的提醒）。

A gentle routine: move and nap well / 温和的练习：好好活动、好好小睡

1. Move: walk or do gentle exercise for at least 20–30 minutes today, outdoors if possible. / 活动：今天散步或做 20–30 分钟温和运动，如果可能，到户外去。
2. Nap: if you nap, keep it under 30 minutes and before 3 p.m., with an alarm. / 小睡：如果小睡，请控制在 30 分钟以内、下午 3 点之前，并定好闹钟。
3. Evening: take a slow walk after dinner — it aids digestion and gently tires the body. / 晚上：晚饭后慢慢散步——有助于消化，也让身体温和地疲劳。

> **Try this tonight / 今晚试一试：** Take a 15-minute walk after dinner tonight, and notice whether you feel sleepier at your regular bedtime. / 今晚晚饭后散步 15 分钟，留意一下，到了固定上床时间，您是不是更困了。

> **Check yourself / 自我检查：**
>
> ☐ I moved for 20–30 minutes today. / 今天我活动了 20–30 分钟。
>
> ☐ My nap (if any) was short and before 3 p.m. / 我的小睡（如

> 果有）很短，而且在下午 3 点之前。
>
> ☐ I took an evening walk. / 晚上我散了步。

Lesson 7: Quieting a Busy Mind at Night 第 7 课：让夜里忙碌的大脑安静下来

> **Goal / 学习目标：** Learn three simple tools for a mind that will not switch off at night. / 学习三个简单的方法，应对夜里停不下来的大脑。

Many people fall asleep easily but wake at 3 a.m. with thoughts racing — worries, unfinished tasks, memories. Lying there thinking about not sleeping only makes it worse. The answer is not to try harder; it is to give the mind something calm to do, or to park the thoughts until morning.

许多人入睡并不难，却在凌晨 3 点醒来，脑子里念头乱转——担忧、没做完的事、往事。躺在那里想着“我怎么还睡不着”，只会让情况更糟。办法不是更努力地睡，而是给大脑一件平静的事做，或者把念头“寄存”到早上再处理。

Three tools / 三个方法

1. The worry notebook. Keep a notebook by your bed. Before

bed, write tomorrow's worries and tasks in it, and close the book. If you wake worrying, tell yourself: "It is written down. I will deal with it in the morning." / **1. 担忧笔记本**。在床边放一本笔记本。睡前把明天的担忧和待办事项写下来，合上本子。如果半夜醒来又担心，就告诉自己：“已经写下来了，早上再处理。”

2. Slow breathing. Breathe in slowly through your nose for a count of 4, hold for 4, breathe out slowly through your mouth for a count of 6. Repeat five times. Long out-breaths calm the body. / **2. 慢呼吸**。用鼻子慢慢吸气，数到 4；屏住呼吸，数到 4；用嘴慢慢呼气，数到 6。重复五次。较长的呼气能让身体平静下来。

3. Get up, then return. If you have been awake for about 20 minutes and feel frustrated, get up. Go to another room, read something dull in dim light, and return to bed only when you feel sleepy again. This keeps your bed connected with sleep, not with worry. / **3. 起来，再回去**。如果醒了大约 20 分钟还觉得烦躁，就起床。到另一个房间，在暗光下读点枯燥的东西，觉得困了再回床上。这样，床始终和睡眠联系在一起，而不是和担忧联系在一起。

> **Try this tonight / 今晚试一试：** Before bed, write three things on your mind in a notebook and close it. Then practise the slow breathing: in for 4, hold for 4, out for 6, five times. / 今晚睡前，

把脑子里的三件事写在笔记本上，合上本子。然后练习慢呼吸：吸气 4 拍，屏息 4 拍，呼气 6 拍，重复五次。

Check yourself / 自我检查：

☐ I kept a worry notebook by my bed. / 我在床边放了担忧笔记本。

☐ I practised slow breathing before bed. / 睡前我练习了慢呼吸。

☐ I know the "get up, then return" rule for long wake-ups. / 我知道了长时间醒着时“起来、再回去”的方法。

Lesson 8: My Sleep Plan: Putting It All Together 第 8 课：我的睡眠计划：综合运用

Goal / 学习目标： Build your own personal sleep plan from the lessons that helped you most. / 从对您最有帮助的几课中，制定属于您自己的睡眠计划。

You have learned eight pieces of the sleep puzzle. Nobody needs all eight at once. Your plan should contain the three or four ideas that felt easiest and most helpful to you. Write them down here, in your own words.

您已经学到了睡眠拼图的八块。没有人需要一次用上全部八块。您的计划应该包含那些您觉得最容易、最有帮助的三四个想法。请用自己的话把它

们写下来。

Build your plan / 制定您的计划

1. My regular wake-up time: _____ My regular bedtime: _____ / 我的固定起床时间：_____ 我的固定上床时间：_____
2. My wind-down routine (from Lesson 5): _____ / 我的睡前放松程序（第 5 课）：_____
3. One bedroom improvement I will keep (Lesson 3): _____ / 我要坚持的一项卧室改进（第 3 课）：_____
4. My caffeine rule (Lesson 4): _____ / 我的咖啡因原则（第 4 课）：_____
5. My tool for a busy mind (Lesson 7): _____ / 我应对大脑纷乱的方法（第 7 课）：_____

6. My daily movement (Lesson 6):

_____ / 我的日常运动（第 6 课）：_____

_____

Keep this plan where you can see it — on the fridge, or beside your bed. Follow it for two weeks before judging it. Sleep habits grow slowly, like a garden. If something is not working, change one thing, not everything.

把这份计划放在您看得见的地方——冰箱上，或床边。坚持两周再评价它。睡眠习惯像花园一样，是慢慢长成的。如果某一点不起作用，只改一点，不要全盘推翻。

> **Try this tonight / 今晚试一试：** Follow your new sleep plan tonight, from wind-down to lights out — your first night on the plan. / 今晚就按您的新睡眠计划执行，从睡前放松到关灯——这是按计划度过的第一个夜晚。

Check yourself / 自我检查：

☐ I wrote my sleep plan in my own words. / 我用自己的话写下了睡眠计划。

☐ I put the plan where I can see it. / 我把计划放在了看得见的地方。

> ☐ I will follow it for two weeks before judging it. / 我会坚持两周再评价它。

Your Progress Checklist & Sleep Diary 学习进度检查表与睡眠日记

Progress checklist / 进度检查表

Tick each lesson when you have finished it. / 完成一课，就打一个勾。

☐ Lesson 1: How Sleep Changes as We Age / 第 1 课：随着年龄增长，睡眠的变化

☐ Lesson 2: A Steady Sleep Rhythm / 第 2 课：稳定的睡眠节律

☐ Lesson 3: Your Bedroom: Cool, Dark, and Quiet / 第 3 课：卧室：凉爽、黑暗、安静

☐ Lesson 4: Light, Caffeine, and Alcohol / 第 4 课：光线、咖啡因与酒精

☐ Lesson 5: Screens, News, and Winding Down / 第 5 课：屏幕、新闻与睡前放松

☐ Lesson 6: Naps, Movement, and Daytime Energy / 第 6 课：小睡、运动与白天精力

☐ Lesson 7: Quieting a Busy Mind at Night / 第 7 课：让夜里忙碌的大脑安静下来

☐ Lesson 8: My Sleep Plan / 第 8 课：我的睡眠计划

One-week sleep diary / 一周睡眠日记

Copy this table into a notebook and fill in one row each morning. After a week, look for patterns — and bring the diary to your doctor if you ever discuss your sleep. / 把这张表抄到笔记本上，每天早上填一行。一周后，看看其中的规律；如果您要和医生谈睡眠问题，也可以带上这本日记。

Day / 日期	Bedtime / 上床时间	Time to fall asleep / 入睡用时	Night wake-ups / 夜里醒来次数	Wake-up time / 起床时间	How rested? (1–5) / 休息得如何? (1–5)	Notes: caffeine, naps, exercise / 备注：咖啡因、小睡、运动
Monday / 周一						

Tuesday /

周二

Wednesday

/ 周三

Thursday /

周四

Friday / 周

五

Saturday /

周六

Sunday / 周

日

Sleep well, and take good care of yourself.

愿您睡个好觉，好好照顾自己。

Self-Graded Quizzes

自测小测验

Better Sleep, Naturally · 自然好眠

全球银龄学院 · Global Academy of Lifelong Learning

These short quizzes are for you, and only you. After each lesson, try its quiz before you look at the answers. There are no grades from anyone else — the quizzes simply help you check what you remember and feel more confident about your sleep habits.

这些简短的小测验只为您自己准备。每学完一课，先试着做一做本课的小测验，再去核对答案。没有别人给您打分——小测验只是帮助您检查记住了什么，让您对自己的睡眠习惯更有信心。

How to use them / 使用方法：

- Answer each question on your own, in your head or on paper. / 先自己作答，可以在心里回答，也可以写在纸上。
- Then turn to the Answer Key at the end of this section and mark your own answers. / 然后翻到最后的“答案”部分，自己核对。
- If you miss one, just re-read that part of the lesson. That is learning, not failing. / 如果答错了，回去重读课文的相应部分就好。这就是学习，不是失败。

Each quiz has 5 questions: multiple choice (choose A, B, or C) and true-or-false (对 = true, 错 = false). Every question tests only the key points of its own lesson.

每份小测验有 5 道题：选择题（选 A、B 或 C）和判断题（对或错）。每道题只考本课的要点。

Quiz for Lesson 1: How Sleep Changes as We Age

第 1 课自测：随着年龄增长，睡眠的变化

1. True or False / 判断： It is common for older adults to fall asleep earlier in the evening and wake earlier in the morning.

老年人晚上睡得更早、早上醒得更早，是常见的现象。

☐ 对 True　☐ 错 False

2. Multiple Choice / 选择： Why does sleep often feel lighter as we age?

为什么年纪大了，睡眠常常会变浅?

A. Deep sleep becomes a little shorter. / 深睡眠的时间稍稍变短了。

B. The body no longer needs any sleep at all. / 身体完全不需要睡眠了。

C. Older adults stop dreaming. / 老年人不再做梦了。

3. True or False / 判断： Waking up once or twice during the night always means something is wrong with you.

夜里醒来一两次，一定意味着身体出了问题。

☐ 对 True　☐ 错 False

4. Multiple Choice / 选择： As we age, the body's "sleep clock" often...

随着年龄增长，身体里的“睡眠时钟”常常会……

A. Shift earlier. / 提前。

B. Shift much later. / 大大推后。

C. Stop working completely. / 完全停止工作。

5. True or False / 判断： If you wake in the night, this lesson suggests resting quietly and breathing slowly instead of watching the clock.

半夜醒来时，本课建议安静地躺着、慢慢呼吸，而不是盯着时钟看。

☐ 对 True　☐ 错 False

Quiz for Lesson 2: A Steady Sleep Rhythm

第 2 课自测：稳定的睡眠节律

1. Multiple Choice / 选择： The single most powerful sleep habit in this lesson is...

本课讲的最有效的睡眠习惯是……

A. Going to bed and getting up at about the same time every day. / 每天大约同一时间上床、同一时间起床。

B. Sleeping in late on weekends. / 周末睡懒觉。

C. Skipping breakfast. / 不吃早饭。

2. True or False / 判断： You should keep about the same sleep and wake times even on weekends.

包括周末在内，每天都应保持大约同一的睡觉和起床时间。

☐ 对 True　☐ 错 False

3. Multiple Choice / 选择： If your schedule is very

irregular, how should you move it toward a steady rhythm?

如果作息很不规律，应该怎样把它调向稳定?

A. By 15 minutes every few days. / 每隔几天调整 15 分钟。

B. By 3 hours in a single night. / 一夜之间调整 3 小时。

C. By staying up all night. / 熬夜一整晚。

4. True or False / 判断： Your bedtime should be about 7 to 8 hours before your wake-up time.

上床时间应大约在起床前 7 到 8 小时。

☐ 对 True　☐ 错 False

5. Multiple Choice / 选择： After waking, step into daylight soon because...

起床后尽快接触日光，因为……

A. Light tells your body clock that the day has begun. / 光线会告诉身体的生物钟，新的一天开始了。

B. Daylight can replace breakfast. / 日光可以代替早餐。

C. Daylight means you no longer need sleep. / 晒了日光就不需要睡觉了。

Quiz for Lesson 3: Your Bedroom: Cool, Dark, and Quiet

第 3 课自测：卧室：凉爽、黑暗、安静

1. Multiple Choice / 选择： The three things that matter most in a bedroom for sleep are...

卧室里对睡眠最重要的三点是……

A. Cool, dark, and quiet. / 凉爽、黑暗、安静。

B. Warm, bright, and noisy. / 温暖、明亮、吵闹。

C. Large, soft, and colourful. / 宽敞、柔软、色彩鲜艳。

2. True or False / 判断： Darkness tells your brain to make melatonin, the hormone that brings sleepiness.

黑暗会促使大脑分泌褪黑素，这种激素会带来睡意。

☐ 对 True　☐ 错 False

3. True or False / 判断： A slightly cool room helps your body temperature fall, which is part of falling asleep.
略微凉爽的房间有助于体温下降，而体温下降是入睡的一部分。

☐ 对 True　☐ 错 False

4. Multiple Choice / 选择： To deal with small glowing lights from chargers or devices, you can...
要对付充电器或小电器发出的小亮光，您可以……

A. Cover them, or use an eye mask. / 遮住它们，或戴上眼罩。

B. Leave them all on. / 让它们都亮着。

C. Stare at them until you fall asleep. / 一直盯着它们直到睡着。

5. True or False / 判断： Your bed should be used mainly for sleep — not for working or watching the news.
床主要用来睡觉，而不是工作或看新闻。

☐ 对 True　☐ 错 False

Quiz for Lesson 4: Light, Caffeine, and Alcohol

第 4 课自测：光线、咖啡因与酒精

1. Multiple Choice / 选择： Caffeine can stay in your body for...

咖啡因可以在体内停留……

A. Many hours. / 很多小时。

B. About 5 minutes. / 大约 5 分钟。

C. A whole week. / 整整一周。

2. True or False / 判断： A cup of coffee at 4 p.m. can still be working at midnight.

下午 4 点喝的一杯咖啡，到午夜可能还在起作用。

☐ 对 True　☐ 错 False

3. Multiple Choice / 选择： A simple rule for people whose sleep is light is...

睡眠较浅的人，一个简单的原则是……

A. Keep caffeine to the morning, and stop by noon. / 只在上午摄入咖啡因，中午之后就不要再喝了。

B. Drink coffee right before bed. / 睡前喝咖啡。

C. Drink cola at midnight. / 半夜喝可乐。

4. True or False / 判断： A nightcap may make you feel drowsy, but alcohol breaks up your sleep later in the night and can make snoring worse.
睡前一杯酒可能让您觉得困，但酒精会在后半夜打断睡眠，还可能加重打鼾。

☐ 对 True　☐ 错 False

5. True or False / 判断： In the evening, dim the lights in your home one hour before bed.
晚上睡前一小时，把家里的灯光调暗。

☐ 对 True　☐ 错 False

Quiz for Lesson 5: Screens, News, and Winding Down

第 5 课自测：屏幕、新闻与睡前放松

1. Multiple Choice / 选择： Television, phones, and tablets fight sleep because...

电视、手机、平板与睡眠作对，因为……

A. Their bright light and exciting content wake up the brain. / 它们的亮光和令人兴奋的内容会让大脑兴奋起来。

B. They are too heavy to hold. / 它们拿在手里太重了。

C. They use electricity. / 它们耗电。

2. True or False / 判断： A wind-down routine is a small set of pleasant steps you repeat every night, for about 30 minutes before bed.

睡前放松程序就是每晚重复的几个愉快的小步骤，大约从睡前 30 分钟开始。

☐ 对 True　☐ 错 False

3. Multiple Choice / 选择： What should you do 30 minutes before bed?

睡前 30 分钟应该做什么?

A. Turn off the television, phone, and tablet. / 关掉电视、手机、平板。

B. Start an argument online. / 上网和人争论。

C. Watch breaking news. / 看突发新闻。

4. True or False / 判断： This lesson suggests charging your phone outside the bedroom if you can.

本课建议：如果可以，把手机放在卧室外充电。

☐ 对 True　☐ 错 False

5. Multiple Choice / 选择： A good step for the last 10 minutes before bed is...

睡前最后 10 分钟的好做法是……

A. Dim the lights, take five slow breaths, and think of

one good thing from the day. / 调暗灯光，慢慢深呼吸五次，想一件今天的好事。

B. Check your emails. / 查收邮件。

C. Play a fast, exciting game. / 玩快节奏、刺激的游戏。

Quiz for Lesson 6: Naps, Movement, and Daytime Energy

第 6 课自测：小睡、运动与白天精力

1. Multiple Choice / 选择： A good nap is...

好的小睡是……

A. Short (20–30 minutes) and early (before 3 p.m.). / 短（20–30 分钟）而早（下午 3 点之前）。

B. Two hours long, at 5 p.m. / 长达 2 小时，在下午 5 点。

C. All afternoon in bed. / 整个下午躺在床上。

2. True or False / 判断： Regular gentle movement — walking, tai chi, gardening — tires the body in a healthy way and deepens sleep.

规律的温和运动——散步、太极、园艺——让身体健康地疲劳，并加深睡眠。

☐ 对 True　☐ 错 False

3. True or False / 判断： Finish vigorous activity at least 3 hours before bed.
剧烈运动至少在睡前 3 小时结束。

☐ 对 True　☐ 错 False

4. Multiple Choice / 选择： When you nap, it is best to...
小睡时，最好……

A. Nap in a chair or on the sofa, with an alarm set. / 在椅子或沙发上小睡，并定好闹钟。

B. Nap in bed with no alarm. / 上床小睡，不设闹钟。

C. Nap in the car. / 在车里小睡。

5. True or False / 判断： If you feel very sleepy in the daytime most days, that is worth mentioning to your

doctor.

如果您大多数日子白天都非常困，这一点值得向医生提一下。

☐ 对 True　☐ 错 False

Quiz for Lesson 7: Quieting a Busy Mind at Night

第 7 课自测：让夜里忙碌的大脑安静下来

1. Multiple Choice / 选择： The "worry notebook" tool means...

“担忧笔记本”这个方法是指……

A. Write tomorrow's worries and tasks before bed, close the book, and deal with them in the morning. / 睡前把明天的担忧和待办事项写下来，合上本子，早上再处理。

B. Read your worries over and over all night. / 整夜反复想这些担忧。

C. Throw the notebook away. / 把本子扔掉。

2. True or False / 判断： Slow breathing in this lesson is: breathe in for 4, hold for 4, breathe out for 6, and repeat five times.

本课的慢呼吸是：吸气 4 拍，屏息 4 拍，呼气 6 拍，重复五次。

☐ 对 True　☐ 错 False

3. Multiple Choice / 选择： Long out-breaths...

较长的呼气可以……

A. Calm the body. / 让身体平静下来。

B. Wake you up. / 让人清醒。

C. Make you hungry. / 让人感到饥饿。

4. True or False / 判断： If you have been awake for about 20 minutes and feel frustrated, get up, read something dull in dim light in another room, and return to bed only when you feel sleepy again.

如果醒了大约 20 分钟还觉得烦躁，就起床，到另一个房间在暗光下读点枯燥的东西，觉得困了再回床上。

☐ 对 True　☐ 错 False

5. True or False / 判断： Lying in bed thinking about not sleeping only makes it worse.

躺在床上想着“我怎么还睡不着”，只会让情况更糟。

☐ 对 True　☐ 错 False

Quiz for Lesson 8: My Sleep Plan

第 8 课自测：我的睡眠计划

1. Multiple Choice / 选择： Your personal sleep plan should contain...

您的个人睡眠计划应包含……

A. The three or four ideas that felt easiest and most helpful to you. / 您觉得最容易、最有帮助的三四个想法。

B. All eight lessons at once. / 一次用上全部八课。

C. Nothing written down. / 什么都不写下来。

2. True or False / 判断： Keep your sleep plan where you

can see it — on the fridge, or beside your bed.

把睡眠计划放在看得见的地方——冰箱上，或床边。

☐ 对 True　☐ 错 False

3. True or False / 判断： Follow your sleep plan for two weeks before judging it.

坚持两周再评价这份睡眠计划。

☐ 对 True　☐ 错 False

4. Multiple Choice / 选择： If something in your plan is not working, you should...

如果计划中的某一点不起作用，您应该……

A. Change one thing, not everything. / 只改一点，不要全盘推翻。

B. Give up the whole plan. / 全部放弃。

C. Change everything at once. / 一次全改掉。

5. True or False / 判断： Your sleep plan should be

written in your own words.

睡眠计划应该用您自己的话写下来。

☐ 对 True　☐ 错 False

Answer Key — Check Your Answers

答案——核对答案

Mark your own answers. If you missed one, re-read that part of the lesson — that is how the learning grows.

请自己核对答案。如果答错了，回去重读课文的相应部分——这就是学习成长的方式。

Lesson 1 / 第 1 课

1. 对 True — Earlier sleep and earlier waking are common with age.

2. A — Deep sleep becomes a little shorter, so sleep feels lighter.

3. 错 False — Waking once or twice at night is common and does not by itself mean something is wrong.

4. A — The sleep clock often shifts earlier.

5. 对 True — Rest quietly and breathe slowly; do not watch the clock.

Lesson 2 / 第 2 课

1. A — Same sleep and wake times every day, the most powerful habit.

2. 对 True — Keep the rhythm including weekends.

3. A — Move the schedule gently, 15 minutes every few days.

4. 对 True — Bedtime about 7–8 hours before wake-up time.

5. A — Light tells your clock that the day has begun.

Lesson 3 / 第 3 课

1. A — Cool, dark, and quiet.

2. 对 True — Darkness brings melatonin, the sleepiness hormone.

3. 对 True — A slightly cool room helps body temperature fall.

4. A — Cover glowing lights, or use an eye mask.

5. 对 True — The bed is mainly for sleep.

Lesson 4 / 第 4 课

1. A — Caffeine can stay in the body for many hours.

2. 对 True — A 4 p.m. coffee can still be working at midnight.

3. A — Keep caffeine to the morning; stop by noon if sleep is light.

4. 对 True — Alcohol breaks up later sleep and can worsen snoring.

5. 对 True — Dim the lights one hour before bed.

Lesson 5 / 第 5 课

1. A — Bright light and exciting content wake the brain.

2. 对 True — A calm 30-minute wind-down before bed.

3. A — Turn off TV, phone, and tablet 30 minutes before bed.

4. 对 True — Charge the phone outside the bedroom if you can.

5. A — Dim lights, five slow breaths, one good thing from the day.

Lesson 6 / 第 6 课

1. A — Naps: 20–30 minutes, before 3 p.m.

2. 对 True — Gentle movement deepens sleep.

3. 对 True — Vigorous activity ends at least 3 hours before bed.

4. A — Nap in a chair or on the sofa, with an alarm.

5. 对 True — Daytime sleepiness most days is worth telling your doctor.

Lesson 7 / 第 7 课

1. A — Write worries down, close the book, deal with

them in the morning.

2. 对 True — In 4, hold 4, out 6, five times.

3. A — Long out-breaths calm the body.

4. 对 True — Get up after about 20 minutes, return only when sleepy.

5. 对 True — Thinking about not sleeping makes it worse.

Lesson 8 / 第 8 课

1. A — Your plan holds the 3–4 ideas that felt easiest and most helpful.

2. 对 True — Put the plan where you can see it.

3. 对 True — Follow it for two weeks before judging it.

4. A — Change one thing, not everything.

5. 对 True — Write the plan in your own words.



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