

温水沐浴后在体温下降时就寝便可熟睡 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/240/2021_2022__E6_B8_A9_E6_B0_B4_E6_B2_90_E6_c105_240846.htm #49688. #50892.
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#51228.#49688.#45796.. 沐浴人在体温下降的幅度越大的时候，就越容易熟睡。即使是在炎热的夏季，如果用温水沐浴，来提升了体温之后，在入睡前1个小时沐浴比较适当，但喜欢用高温热水沐浴的人要在就寝前2#8764.24度和60#8764.2小时自动关闭，随着体温自然而然地上升，会神清气爽地醒来。

寝具在夏季，睡觉的时候一定会流很多汗。汗水被睡衣或被褥吸收，湿度最高还会达到80#8764.90%。当人们在睡眠中无意识性地躲避这样上升的温度和湿度，就会出现多次翻身，对妨碍进入熟睡。寝具类如果使用性质凉的麻、人造纤维、竹子（竹纤维）或透气性较好且编织地比较宽松的平织布，可以维持一定温度的保凉产品等，会对进入熟睡非常有效果。还有将枕头变得凉快，诱导熟睡的方法。将枕套或枕巾放进冰箱或将红豆、荞麦、竹子作为放进枕头中的材料使用就可以。但是颈部和肩旁触及的部位不能太凉。阻隔阳光在夏季，日出比较早，因此过早地醒来的情况较多。这时有必要拉上窗帘或百叶窗，提前阻隔阳光。在夏季，照进卧室的明亮阳光还会提升室内温度。因此将遮光物（帘子、屋檐等）挂在窗外，阻隔阳光比较好。在阳台上养些植物，就能阻挡光的反射，可以抑制室内温度上升。100Test 下载频道开通，各类考试题目直接下载。详细请访问

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