

托福听力考试背景知识综合辅导(四十八) PDF转换可能丢失
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https://www.100test.com/kao_ti2020/290/2021_2022__E6_89_98_E7_A6_8F_E5_90_AC_E5_c81_290961.htm Insomnia self-care

techniques in addition to the wise use of supplements and maintaining a healthy lifestyle, there are a number of other methods you can adopt to capture elusive sleep. you may find one particular technique does the trick or that a combination of several works best for you. acupuncture many of my insomnia patients report significant relief when they do acupuncture self-massage. stimulating specific points on your heel, wrist, and ankle can help to calm the nerves, relieve anxiety, and induce sound sleep. while you may feel immediately relaxed, it may take a month or more of doing acupuncture daily to improve your troubled sleep patterns. progressive muscle relaxation both sleep researchers and the american psychological association have found progressive muscle relaxation to be beneficial for insomnia. in this exercise you learn what it feels like to relax by comparing relaxation with muscle tension. deep breathing is also an integral part of the technique. bach flower remedies flower remedies are a very safe and natural way to treat the anxieties, stress, and depression that often underlie insomnia. many brands of flower remedies are currently available, with virtually thousands of flower products from which to choose. i like the original extracts, known as the bach flower remedies (named for dr. edward bach, who originated the method in the early 20th century), which i find the most reliable. there are 38 bach flower

remedies, each one intended to treat a different negative emotion. for my patients struggling with insomnia, i often recommend white chestnut and scleranthus. white chestnut helps to chase away those obsessive worries that can keep you awake, while scleranthus dispels feelings of uncertainty and indecision. other bach flower remedies you might try are vervain, which fights tension. vine, to tackle the torments of ambition. and elm, to combat the sensation of being overwhelmed by responsibilities.

light therapy your bodies have their own internal clocks called circadian rhythms, and when we tamper with them by flying across too many time zones or shifting working hours (or spending too much time indoors), they react by pulling the rug of sleep from under our toes. while natural daylight is still the best therapy for light-deprived sleep disorders, such as jet lag, the sun is not always there when you need it. therefore i often suggest a light visor for my patients whose insomnia is caused by long-distance travel or shift work. a light visor is fitted with a high-intensity full-spectrum bulb and worn on the head like a tennis visor. unlike its big brother the light box, the visor can be worn around the house while you do other things, and be stowed in a backpack or purse for traveling. many people find that while flying across times using a light visor to read helps to reset the bodys biological clock even before the plane lands. (the directions that come with the light visor should clue you in on how to use the device during travel.) studies also show that light therapy is very effective for those who cant fall asleep at night or who tend to wake up too early in the morning a typical sleep pattern in older people.

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