



2014年07月05日 第18期

欧乐旅行援助时刻在您身边

健康速递 Health Issues

四种方法让你保持清醒 4 Ways of Keeping You Waking Up

● 来回走动 Move Around

Exercising before bed is a sure way to keep yourself awake. That's why you should not do it when you actually want to go to sleep, and it is also why hitting the gym, or even some fast push-ups can tell your body that it's not time for bed. This isn't permission to treat yourself to an intense Cross Fit style high-intensity workout right before bed; that is likely to make you more tired. Being physically exhausted isn't fun when you are trying to stay up late. Just do enough to get energized. 上床前锻炼是保持清醒的一个有效方式。这就是为什么当你真正想上床休息前不能运动以及当你去完健身房或者做完快速俯卧撑后不易入睡的原因。这可不是允许你睡前做高强度的全面健身运动，因为那可能会让你更累，当你打算熬夜时，极度劳顿并不好玩，只需要适当运动让自己保持活力即可。

● 注意你的眼睛 Watch Your Eyes

There's nothing more annoying than trying to enjoy some late-night revelry only to find that you are squinting and your eyes are tired. When your eyes are tired, you're squinting will make your facial muscles tired. Your trigeminal nerve runs right through your face, which means that squinting will affect your entire nervous system and make you tired more quickly. If you wear contacts, wear your glasses earlier in the day, and bring some eye drops. 没有什么比你准备享受彻夜狂欢时却发现自己耷拉着眼皮昏昏欲睡更令人郁闷了。当你双眼困顿眯着眼睛时，你的脸部肌肉也会疲劳。你的三叉神经在脸部正常活动，这就意味着眯眼会影响你整个神经系统，让你更快地感到疲惫。如果你白天很早就戴着隐形眼镜，记得带点儿眼药水。



● 喝对东西 Drink the Right Stuff

It's tempting to switch to sugary caffeine bombs like Red Bull, but the sugar will lead to a crash. Instead, if you are going to use caffeine, drinking early in the evening so it will wear off by the time you want to sleep. When you stay up late, your blood sugar fluctuates more than normal anyway. Don't make it worse by drinking sugar.

喝类似红牛的含糖咖啡因饮料很有诱惑力，但里面的糖分也会让你崩溃。如果你想利用咖啡因提神，那就傍晚的时候早点儿喝，这样当你犯困的时候就会起作用了。当你熬夜很晚时，你的血糖波动幅度会很大。别因为喝了含糖饮料使血糖情况更糟糕。

It pains me to say this, because half the reason you are staying up late may be to enjoy a few alcoholic beverages, but alcohol is unlikely to keep you awake. One drink will cause a brief energy burst as it releases cellular energy, but more than one is going to make you sleepy.

不得不痛苦地说，晚睡的一大半原因可能是为了小酌一杯，但酒精并不能让你保持清醒。当你喝一杯酒的时候可能会随着细胞能量释放产生短暂的能量爆发，但多喝只会让你感觉更困。

● 多摄入蛋白质 Eat More Protein

Few people think about the fact that the brain and body use a lot more energy when we are awake. If you are pulling an all-nighter, you're going to need a lot more food than you are used to eating. Your brain can use up to 25 percent of your total calories. To stay awake, plan to eat larger meals than normal and to eat them more frequently.

很少有人意识到，当我们清醒时我们的大脑和身体需要消耗大量的能量。如果你要熬一通宵，你可能需要摄入更多的食物。你的大脑可能需要消耗卡路里总量的25%。想保持清醒，就要比平时多吃点儿，并多几次摄入。

Protein stimulates a neurotransmitter in your brain called orexin. It regulates arousal, wakefulness, and appetite. In fact, researchers hypothesize that modafinil, the real-world drug most like the fictional drug from the movie Limitless works in part because it increases orexin.

蛋白质会刺激你大脑中的一种神经传递介质，即阿立新。它能调节你的觉醒状态和胃口。事实上，研究人员假设莫达非尼能让人精力充沛，这种确实存在的药物类似电影《永无止境》里的虚拟药物，因为它也能增加体内的阿立新。

That's why you should have the steak (extra points for grass fed) and avoid the pasta if you want to stay up late. 这就是为什么如果你想熬夜就应该吃点儿肉排（最好是草食动物），而不是意面。

>> 欧乐新服务介绍 ERV'S new services

欧乐旅行援助（北京）有限公司（欧乐）是欧洲旅行保险集团全球专业救援平台的重要组成部分，专为中国保险公司的被保险人提供国内及全球的保险理赔和紧急援助服务。随着市场的变化，欧乐也在不断探索更多元化的服务以满足各类客户的需求。

ERV, the travel insurance division of the ERGO Insurance Group, is represented in over 20 countries as one of Europe's leading providers. As an innovative service company, we are always close to our customers.

● 新加坡莱佛士集团 Raffles Medical Group

莱佛士医疗集团是新加坡采用集团经营模式的最大型私营医疗集团，为新加坡及东南亚一带提供高素质的私人医疗服务。其30年的优质医疗服务，奠定了莱佛士的品牌和卓越的信誉。在全世界与亚洲荣获多项突破性的第一，让病患者可以放心地接受多位顶尖医护专家最先进的治疗方法。

坐落于新加坡中央地区的莱佛士医院，是一家结合了先进的医疗技术与多种类专科于一体的私营医院。提供的服务包括体检、专科门诊，病房，拥有的设备如日间手术室，加护病房，新生儿加护病房，血管造影照影室，放射科和临床化验室，急救室。如果有需要，我们的国际病人服务员也可以周到地为您安排医疗运送和送返服务。

Raffles Medical Group (RMG) is a leading medical group and the largest private group practice in Singapore. As a fully integrated healthcare organisation, the Group owns and operates a network of family medicine clinics, a tertiary care private hospital, insurance services and a consumer healthcare division.

Patients of the Group enjoy a continuum of care, from having their most basic healthcare needs met through the Group's islandwide network of Raffles Medical clinics, to specialist and tertiary care at Raffles Hospital.

Raffles Medical Group (RMG) is a leading medical group and the largest private group practice in Singapore. As a fully integrated healthcare organisation, the Group owns and operates a network of family medicine clinics, a tertiary care private hospital, insurance services and a consumer healthcare division. Patients of the Group enjoy a continuum of care, from having their most basic healthcare needs met through the Group's islandwide network of Raffles Medical clinics, to specialist and tertiary care at Raffles Hospital.



● 莱佛士专科医疗 Raffles Department

Raffles Executive Medical Centre 莱佛士门诊医疗中心
 Raffles Internal Medicine Centre 莱佛士内科医疗中心
 Raffles Orthopaedic Centre 莱佛士骨科中心
 Raffles Cancer Centre 莱佛士癌症医疗中心
 Raffles Children's Centre 莱佛士儿科医疗中心
 Raffles Chinese Medicine 莱佛士中医诊疗中心
 Raffles Dental 莱佛士牙科医疗中心
 Raffles ENT Centre 莱佛士耳鼻喉医疗中心
 Raffles Eye Centre 莱佛士眼科中心
 Raffles Fertility Centre 莱佛士生育医疗中心
 Raffles Surgery Centre 莱佛士外科中心
 Raffles Physiotherapy Centre 莱佛士物理治疗中心
 Raffles Skin Centre 莱佛士皮肤中心
 Raffles Uro-Renal Centre 莱佛士泌尿及肾脏中心
 Raffles Women's Centre 莱佛士妇产科医疗中心

在您需要医疗服务时，可先拨打我们的**24小时服务热线**，以便充分保障您应有的权利。如需任何服务，请随时通过电话或邮件联系我们。

To your advantage, please contact our **24 Hour Helpline** before you go to see a doctor. If you have any questions, please do not hesitate to contact us by phone. **email at china@ervchina.com**

欧乐旅行援助（北京）有限公司

中国北京市东城区东直门外大街35号东湖别墅C座601室 邮编: 100027

ERV (China) Travel Service and Consulting Ltd.

601 Block C, East Lake Villas, 35 Dongzhimenwai Dajie, Dongcheng District, Beijing 100027, P.R.C..

24小时服务热线

010-84416500