



2014年06月15日 | 第17期

欧乐旅行援助时刻在您身边

健康速递 Health Issues

六个小技巧帮你轻松解决失眠 Six tips to help you easily solve insomnia



● 保持固定的睡眠作息 Stick with a consistent sleep schedule

每天晚上保持同一时间上床睡觉并且每天早上同一时间起床——即使是周末也这样做。规律的睡眠作息可以使生物钟更为稳定从而提高睡眠质量。保持规律的明暗环境变化对于睡眠也很有帮助，所以起床的同时可以打开窗户或者到

外面走走。 Go to bed at the same time every night and get up at the same time every morning—even on weekends. A regular sleep routine keeps your biological clock steady so you rest better. Exposure to a regular pattern of light and dark helps, so stay in sync by opening the blinds or going outside right after you wake up.

● 保持有助于睡眠的饮食习惯 Keep a sleep diary

为了帮助你明白饮食对睡眠的影响，记录下来你近两周的睡眠状况。把白天的活动和夜间的睡眠模式进行下比较就会发现自己哪些方面需要改进。To help you understand how your habits affect your rest, track your sleep every day for at least 2 weeks. Comparing your daily activities with your nightly sleep patterns can show you where you need to make changes.

● 从现在开始戒烟 Stop smoking

尼古丁是一种兴奋剂，会影响入睡。吸烟者的睡眠质量通常是不吸烟者的四分之一。

Nicotine is a stimulant, so it prevents you from falling asleep. Smokers are 4 times more likely not to feel as well rested after a night's sleep than nonsmokers.

● 收听枕边故事 Listen to a bedtime story

下载个有声读物到你的平板电脑里——选你很熟悉的故事，这样的故事不会很吸引你反而会让你觉得分心从而进入梦乡。舒缓的音乐也同样管用。

Load a familiar audio book on your iPad—one that you know well, so it doesn't engage you but distracts your attention until you drift off to sleep. Relaxing music works well too

● 多做运动，但不要在睡前四小时内 Exercise, but not within 4 hours of bedtime

健身——尤其是有氧运动——有助于延长睡眠时间提高睡眠质量。当你的体温下降就会刺激大脑释放诱导睡眠的褪黑素，接下来你就会感觉自己昏昏欲睡。

Working out—especially cardio—improves the length and quality of your sleep. When your body begins to cool down, however, it signals your brain to release sleep-inducing melatonin, so then you'll get drowsy

● 下午两点之后拒绝咖啡因 Cut caffeine after 2 p.m.

包括咖啡、茶饮品和可乐。咖啡因是一种可以在体内作用长达八小时的兴奋剂，如果你在晚饭后喝了杯卡布奇诺，它会抑制你的大脑进入深度睡眠甚至让你无法入睡。

That means coffee, tea, and cola. Caffeine is a stimulant that stays in your system for about 8 hours, so if you have a cappuccino after dinner, come bedtime, it'll either prevent your brain from entering deep sleep or stop you from falling asleep altogether.

>> 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.

● 关注孩子们的口腔保健 - 窝沟封闭 Care for children's dental health

近年来，我国儿童口腔疾病的发病率呈不断上升趋势。儿童口腔保健是大家越来越重视的问题，无论您是否享受口腔保健的保障，相信您仍希望有更加多样的选择。

欧乐通过评估各类客户的就医习惯与就医感受，首先在北京、上海、广州、深圳、杭州、厦门等6个城市甄选多家优质外资口腔诊所，以优惠的价格为儿童客户提供一次性的口腔检查、窝沟封闭、洁牙等服务项目，且凭洗牙卡可以享受后续治疗的费用折扣。

了解更多信息请拨打电话**010-84416610**
Incidences of dental diseases among children are a growing trend today in China. Children dental health is calling more and more attention nowadays, and no matter you have dental benefit or not, we think another option of dental care will always be a bonus.

After reviewing and grading the professional partners which are deeply cooperating with us, ERV selected several outstanding dental clinics for our clients in Beijing, Shanghai, Guangzhou, Shenzhen, Hangzhou and Xiamen in order to provide our new independent dental care service, including an annual teeth check, dental sealant, scaling with an amazing low price, and the following treatments are going to get discount as well. For more detailed information please kindly dial 010-84416610



每个宝宝在生长过程中，都会面临着牙齿被蛀的风险，大部分的宝宝偏爱吃甜食，喜欢碳酸饮料，使得脱矿过程加剧，钙离子少了，牙齿不再坚固，细菌却附在牙齿上产生酸性物质，牙齿就易龋坏。

涂氟可以起到保护牙齿的作用，加上正确的刷牙护牙方法和定期的到医院检查，可以有效防止龋齿的发生，即使有些小问题，也可及时得到治疗。同时咀嚼齿（俗称大牙）的表面都是凹凸不平的，凹陷的部位就叫窝沟。如果发育不好，这些窝沟非常深，食物和细菌嵌塞进去，很容易发生龋齿。

“六龄齿”就是蛀牙的好发部位，它是萌出时间最早的恒磨牙，其咀嚼功能最强大，也最容易发生龋病，甚至造成过早脱落，所以保护儿童的第一恒磨牙很重要。

作为爸爸妈妈的你，要时刻关心宝宝的牙齿健康，窝沟封闭是预防恒磨牙窝沟龋的最有效方法。

Sweet food & sodas lead to early tooth decay. Fluoride treatment, together with the correct method of brushing teeth can protect your child's teeth effectively. Though regular dental checkups can timely find a problem and solve it.

Your child's six-year molars are prone to decay due to the deep grooves on the chewing surface, known as pits and fissures. These irregularities make them difficult to thoroughly clean, making them prone to early tooth decay.

Six-year molars are our first permanent teeth, and are the main teeth used for chewing through out life. They are also the most easy to decay. Our modern diet of starchy, sticky foods make it very necessary to protect these teeth. Dental sealants are the most effective way to prevent early tooth decay and a life time of dental treatments. As a parent, you can you're your child on a healthy path by sealing your child's teeth.

● 口腔诊所介绍 Dental Clinics' Link

瑞尔齿科：北京、上海、广州、深圳、杭州、厦门
Arrail Dental : Beijing, Shanghai, Guangzhou, Shenzhen, Hangzhou, Xiamen

德真会齿科：上海
Tokushinkai Dental: Shanghai

拜尔口腔：上海
Ibyer Dental: Shanghai

佳美口腔：北京
Jiamei Dental: Beijing

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**

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24小时服务热线

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