

《简单的“10-3-2-1-0睡眠公式”让你每天效率爆棚》

inding peace and quiet in today ' s 24-hour society can be tricky but a simple technique could help boost your productivity, it is claimed.

外媒称，在如今每日分秒必争的社会，寻找一份平静和安宁并不容易，但下面这份简单的科学配方却能帮你提高工作效率。

The 10-3-2-1-0 formula can help you sleep better, feel great in the morning and increase productivity at work, according to author and fitness coach Craig Ballantyne.

???“10-3-2-1-0??”??

He calls it the 'Perfect Day' formula and it's all to do with giving yourself the best possible chance to start your day feeling well-rested and energetic.

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Switching off at the right time before you go to sleep is essential, with the formula encapsulating much of the advice given by a number of health experts for better sleep.

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The 10-3-2-1-0 formula

“10-3-2-1-0??”

10 hours before bed: No more caffeine

??“10”????????????????

3 hours before bed: No more food or alcohol

??“3”????????????

2 hours before bed: No more work

??“2”??????????

1 hour before bed: No more screen time

??“1”????????????????

0: The number of times you hit the snooze button in the morning

“0”????????????????——“0”??

“The single most important factor in winning your mornings and owning your days is to get up 15 minutes earlier and work on your No. 1 priority before anyone else is awake. It's that simple,” he explains.

????“??15??”

“When you follow this formula, you'll get more done and stop letting the big opportunities in your life slip away.”

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Tips for getting a better night's sleep include sharing your bed with a pet, starting work at 10am and enjoying a warm cup of cocoa.

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A different 4-7-8 technique, pioneered by Harvard-trained holistic health doctor Andrew Weil, could also be helpful for insomniacs.

????????????????·????????????????????????????“4-7-8”????????????????????

The 4-7-8 technique

“4-7-8??”

- Breathe in through your nose quietly for a count of 4

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- Hold your breath for a count of seven

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- Blow air out through your mouth for a count of 8, making a 'whoosh' sound

????????“?”??—??8?

- Repeat the process three more times

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Why lack of sleep is bad for your health

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Regular poor sleep puts you at risk of serious medical conditions, including obesity, heart disease and diabetes – and it shortens your life expectancy.

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Most of us need around eight hours of good-quality sleep a night to function properly – but some need more and some less.

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As a general rule, if you wake up tired and spend the day longing for a chance to have a nap, it's likely that you're not getting enough sleep.

