

《经常感到睡意绵绵，你可能是... 》

导读:经常抱怨睡不够，渴望一觉睡到自然醒。可是，你可曾想过，不止你一个人遭受这样的苦恼。



Two-thirds of people feel they need more rest in their lives, according to a worldwide study.

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The Rest Test, led by researchers from Durham University, involved more than 18,000 people from 134 different countries to investigate their resting habits and attitudes towards relaxation.

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It found 68 per cent of people wanted more rest while those who said they did not feel in need of more had well-being scores twice as high as those who did.

?????68%??

Dr Felicity Callard, principal investigator and social scientist at Durham University, said: 'The survey shows that people's ability to take rest, and their levels of well-being, are related.

????????????????Felicity Callard?????"????????????????????????????????"

The survey asked people to choose the activities they found the most restful.

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Reading came top, followed by being in the natural environment, listening to music and doing nothing.

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It also asked respondents to state how many hours rest they had within the last 24 hours.

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The results showed that, on average, being younger and having a higher household income was associated with having fewer hours of rest.

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The average time spent resting by UK respondents the previous day was three hours and eight minutes.

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