

Health Newsletter

-Generali China GBD

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Previous
Health Newsletter

Contents

P3

PRELUDE

P4

Post-holiday nutrition and health management: Scientific diets help get back to be healthy

P8

Health Guidance for Women with Different Age

P13

Common Oral Problems and Preventive Guidance

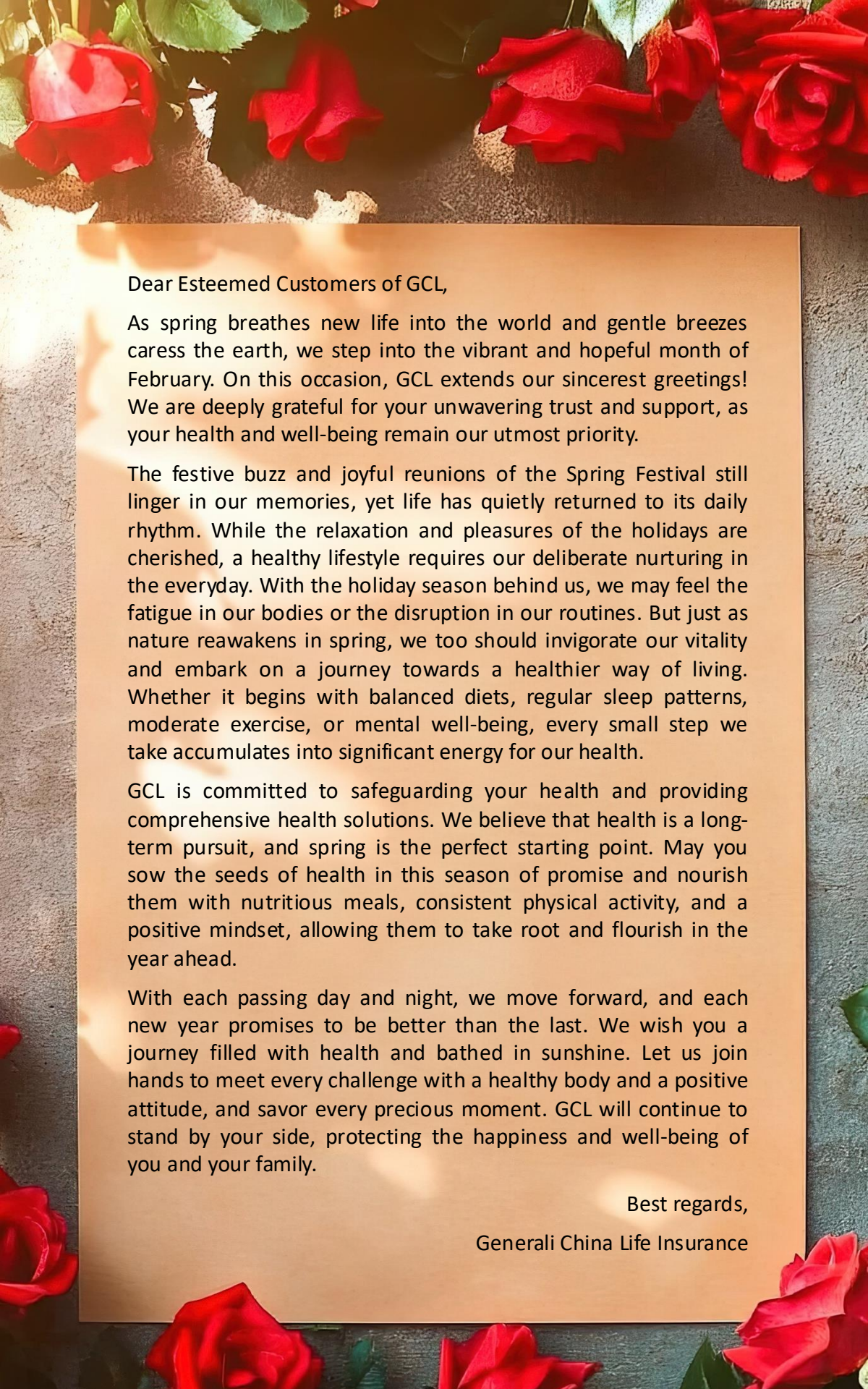
P19

Decoding the Educational Awakening Hidden in the Myth of Nezha

P23

Train Your Brain to Fall Asleep Faster



A decorative border of vibrant red roses with green leaves frames the top and bottom of the page. The roses are set against a dark, textured background, possibly a stone or concrete wall. The central text is contained within a light-colored rectangular area.

Dear Esteemed Customers of GCL,

As spring breathes new life into the world and gentle breezes caress the earth, we step into the vibrant and hopeful month of February. On this occasion, GCL extends our sincerest greetings! We are deeply grateful for your unwavering trust and support, as your health and well-being remain our utmost priority.

The festive buzz and joyful reunions of the Spring Festival still linger in our memories, yet life has quietly returned to its daily rhythm. While the relaxation and pleasures of the holidays are cherished, a healthy lifestyle requires our deliberate nurturing in the everyday. With the holiday season behind us, we may feel the fatigue in our bodies or the disruption in our routines. But just as nature reawakens in spring, we too should invigorate our vitality and embark on a journey towards a healthier way of living. Whether it begins with balanced diets, regular sleep patterns, moderate exercise, or mental well-being, every small step we take accumulates into significant energy for our health.

GCL is committed to safeguarding your health and providing comprehensive health solutions. We believe that health is a long-term pursuit, and spring is the perfect starting point. May you sow the seeds of health in this season of promise and nourish them with nutritious meals, consistent physical activity, and a positive mindset, allowing them to take root and flourish in the year ahead.

With each passing day and night, we move forward, and each new year promises to be better than the last. We wish you a journey filled with health and bathed in sunshine. Let us join hands to meet every challenge with a healthy body and a positive attitude, and savor every precious moment. GCL will continue to stand by your side, protecting the happiness and well-being of you and your family.

Best regards,

Generali China Life Insurance

Post-holiday nutrition and health management: **Scientific diets help get back to be healthy**

After the Spring Festival holiday, many people quietly gain weight due to frequent meals, greasy diets and irregular lifestyle. Post-holiday weight management is not only about controlling energy intake, but also about maintaining a balanced nutrition scientifically and reasonably. This article will provide practical nutritional advice from a nutritional perspective to help you maintain healthy while controlling your weight.





Maintain balance on multiply nutrients: scientific proportioning is the key

Increase high-fiber foods: Fresh vegetables and fruits are rich in dietary fiber, which can increase satiety and delay sugar absorption. The Chinese Nutrition Society recommends a daily intake of 300-500 grams of vegetables and 200-350 grams of fruits. Common fruits and vegetables that are rich in dietary fiber include spinach, carrots, apples, and citrus.

Increase whole grains intake in moderation: Whole grains are rich in dietary fiber, minerals and vitamins, which can help maintain blood sugar stability and delay hunger. Oats, whole wheat bread, brown rice, etc. are all good options. Replacing 1/3 of staple foods with whole grains is good for your health and can help avoid weight gain.

Reduce refined carbohydrates: Refined carbohydrate foods such as white rice and white flour can easily cause blood sugar fluctuations and lead to drowsiness.

It is recommended to change to coarse grains such as sweet potatoes, yams, and corn to avoid excessive blood sugar fluctuations.

Increases high-quality protein: Protein helps maintain muscle and immune system function. Chicken, fish, eggs, and dairy products are ideal options. A daily intake of 0.8-1.0 g/kg body weight of protein is recommended to help maintain a healthy weight.

Moderate intake of "good" fats: Nuts, avocados, olive oil, etc. contain "good" fats, which contribute to cardiovascular health and promote the absorption of fat-soluble vitamins. Moderate intake can increase satiety and reduce the intake of other unnecessary foods.

Plate Theory: Refer to Harvard's Healthy Eating Plate principle: divide the plate into 4 portions, 1/2 of which is vegetables and fruits, 1/4 is whole grains and a small amount of healthy fats, and 1/4 is high-quality protein. This distribution helps to ensure that each meal contains a variety of nutrients and that you can avoid excessive intake of one single type of food to maintain a balanced diet.



Control snack intake: choose the right type to avoid obesity

Be wary of overly processed foods: Snacks such as cookies and ice cream are often high in sugar and trans fat, which can easily lead to obesity. These overly processed snacks should be avoided after the holidays.

Fresh Fruits: The Chinese Nutrition Society recommends consuming 200-350 grams of fruit daily, preferably choosing fruits with lower sugar, such as strawberries, blueberries, cherries, and grapefruit, to enjoy the nutrition of fruits while avoiding excessive sugar intake. It is advisable to avoid excessive consumption of high-sugar fruits, such as mangoes, durians, and jackfruits, to prevent excessive calorie intake.

Fresh Vegetable Sticks: Vegetable sticks are healthy snack options, and it is recommended to choose carrots, cucumbers, etc. The Chinese Nutrition Society suggests consuming 300-500 grams of vegetables daily. Vegetable sticks as a snack can help meet daily intake requirements and assist in controlling calorie intake.

Unsweetened Yogurt: Replacing flavored yogurt with unsweetened yogurt can help avoid hidden sugar intake. Consuming 300-500 grams of dairy products daily is beneficial for the intestines, but it is also important to avoid excessive intake to prevent exceeding calorie limits.

Plain Nuts: Nuts are a nutrient-rich snack, but they have a high-fat content. It is recommended to limit daily intake to about 10-15 grams. You can choose plain, non-fried almonds, walnuts, and other nuts, which can satisfy your taste while providing with healthy fats.





Stay away from sugary drinks: Beware of hidden sugars

Sugar-sweetened beverages: Carbonated drinks have a high sugar content, and a 330ml can of cola contains about 35 grams of sugar, far exceeding the daily added sugar limit recommended by the WHO. Although fruit juice may seem healthy, it should be avoided to consume too much juice because it loses fiber during juicing. It concentrates fructose, is high in calories, and may pose health risks.

Honey ≠ healthy sugar: More than 80% of honey is glucose and fructose, which are added sugars and can easily cause blood sugar fluctuations. It is advisable to use honey in moderation in your daily diet, rather than adding it frequently and in large quantities. You can use natural spices such as cinnamon powder instead for flavoring.

Substitutional drink strategy: choose light tea (green tea, oolong tea), lemonade, and black coffee as drinks. Gradually change from whole-sugar beverages to less sugar, and eventually adapt to sugar-free drinks.

About sugar substitute drinks: Common sugar substitutes include aspartame, erythritol, xylitol, sucralose, etc., which are generally high in sweetness and low in calories. But if they are consumed in large quantities for a long time, they may have an impact on intestinal microbes and cause gastrointestinal discomfort. Therefore, even beverages that use sugar substitutes should be consumed in moderation and excessive intake is not recommended.

Weight management doesn't mean extreme dieting, the key is to adjust your diet. By matching healthy nutrients, choosing healthy snacks and controlling the intake of sugary drinks, combined with moderate exercise and regular sleep, you can not only restore a healthy weight, but also improve your overall health condition. Start from today and get back to health as soon as possible with the nutritional advice mentioned in the article!



Health Guidance for Women with Different Age

Health is important for every woman. From puberty to menopausal, women have corresponding health characteristics and challenges at different ages. Each woman should understand her physiological characteristics and health needs to protect and improve your health. World Women's Day is coming, we deliberately prepared a special article on women's health here.



Here are the health tips and guidance for women of different ages

Adolescence (12-19 years old)

Women's body, mood, and hormones will change significantly, and this stage is also a critical moment when it is established and can maintain healthy lifestyle and behaviors in adolescence stage.

Diet, exercise: A balanced diet rich in fruits, vegetables, whole grains and lean protein supports body growth and development. Calcium and iron are particularly important at this stage. Exercise regularly to strengthen bones, maintain a healthy weight and promote mental health.

Psychological health: Adolescence may be emotionally a period of challenge. Keep open communication, sufficient family support, and professional help, which will help.

Health screening: It is important to understand reproductive and menstrual health at this stage. It is recommended to seek advice and guidance from medical professionals.

Vaccination: HPV vaccine (preferably before starting sexual behavior), flu vaccine (each year), hepatitis B vaccine, etc.



Youth (20-39 years old)

This stage is also a period of active reproductive activities, and pregnancy health is also very important to females. This is a critical period for establishing long-term healthy practice.

Diet and exercise: Maintaining balanced diet and reasonable weight. Quit smoking and limit alcohol intake. Regular exercise is also important, with the goal of completing at least 150 minutes of moderate aerobic exercise per week.

Mental health: Balance your work, family and social life. Try mindfulness practice, stay in touch with your family and seek professional psychological assistance when needed.

Health screening: Annual health check should be conducted, including blood pressure, blood lipids, blood sugar, body mass index, and breast and gynecological screen. If you have a pregnancy plan, you should also consult a doctor in advance.

Vaccination: HPV vaccine, influenza vaccine (annual), hepatitis B vaccine, etc.



Middle-aged (40-59 years old)

Middle-aged is usually accompanied by the change of hormones in the body, including the period and menopause. At this stage, we should pay attention to preventive healthcare and health management:

Health screening: In addition to routine checkup, women of this age should also begin regular mammogram check, bone density, cervical cancer screening, and routine cancer screening.

Heart health: When aging, the risks of your cardiovascular disease have become higher. Maintain a healthy diet with low saturated fat, exercise regularly, and monitor your blood pressure, lipids and blood sugar levels are advised.

Menopause management: Understand and manage menopause symptoms such as hot flashes, mood fluctuation, and sleep disorders. Hormone replacement therapy (HRT) may help.

Bone health: The risk of osteoporosis increases as estrogen levels drop at this stage. Make sure you consume enough calcium and vitamin D daily and take muscle exercises to maintain bone strength.

Mental health: Menopausal emotion changes may be more common. Keep positive social network and others support.

Vaccinations: HPV vaccine (before 45 years old), influenza vaccine (each year), hepatitis B vaccine, etc.



Happy Women's Day

Middle-aged and elderly (60 years old and above)

As you are getting old, it is more important to maintain your physical ability, cognitive function and overall health. Prevention and management for chronic diseases are also essential.

Diet and exercise: Continue to maintain balanced diet every day and ensure high-quality protein intake. Appropriate supplement with vitamin B, vitamin D, iron and calcium under the guidance of your doctor. Participate in outdoor physical activities, walking, jogging, and practicing Tai Chi etc.

Chronic disease management: Diseases such as diabetes, arthritis and hypertension have become more common at this stage. If have any of these problems, you should monitor and treat the medical conditions properly under the guidance of your doctor.

Cognitive function: Engage in more activities that practice the brain function, such as puzzles, reading, and social interactions. Regular physical activities also promote cognitive function.

Bone Health: Continue to prioritize bone health to prevent fractures and maintain your mobility. Take measures to prevent fall at home and outdoors.

Heart health: Cardio-vascular health should be the priority. Regularly check your heart, healthy diet, and regular exercise.

Psychological health: Depression and loneliness may be a common problem for the elderly. Maintain close connections with relatives, participate in community activities, and seek help when needed.

Vaccination: influenza vaccine (each year), pneumonia vaccine, shingles vaccine, etc.



Health screen recommendations for women more than 20 years old

20~39 years old

Eye exam: once per year;

Blood pressure screening: every year, the indicator for risks of heart disease

Skin examination: once a year

Pelvic examination: yearly

Pap smear: every 3 years, indicator for the risk of cervical cancer

40~59 years old

Blood pressure screening: once a year - the risk indicator of heart disease

Skin examination: once a year;

Pelvic exam: once a year

Pap smear: every 3 years, risk indicator of cervical cancer

Blood glucose: every 3 years, a risk indicator for diabetes

Cholesterol screening: once a year, risk indicator of heart disease

Bone density testing: every 3 years, the indicator for osteoporosis

Mammography: once a year, for breast cancer screening

Ovarian screening: every 3 years for post-menopausal women, ovarian cancer screen (ultrasound or CT scan)



60 years old and more

Blood pressure screening: once every year, risk indicator of heart disease

Pelvic examination: once a year

Pap smear: every 3 years, a risk indicator for cervical cancer

Blood glucose: once per year, a risk indicator for diabetes

Cholesterol screening: once a year, risk indicator of heart disease

Mammography: once a year, breast cancer screening

Colonoscopy: every 5 years, precancerous polyps and cancer screening

Ovarian screening: every 3 years, tests for signs of ovarian cancer (Ultrasound or CT scan)

Coronary screening: once a year, screening for heart disease (ECG, echocardiogram etc.)

Fecal occult blood test: once a year, tests for early signs of colon cancer

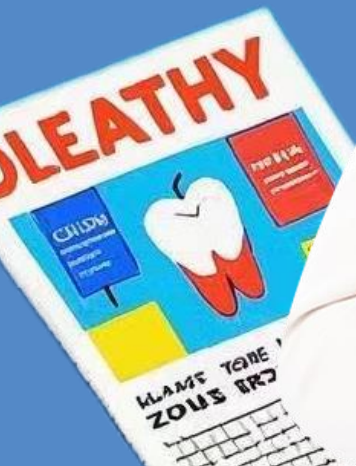
Bone density testing: every 2-3 years to screen for osteoporosis

Women at different age have the different physiological characteristics. As long as you can correctly understand your body and health status, take healthy lifestyle and scientific prevention and management measures, you can effectively improve your overall health and enjoy a beautiful life.



Common Oral Problems and Preventive Guidance

Tooth health is an important part of human health. World Health Organization defines oral health as one of the important criteria for overall health. Understanding common oral health problems and preventive measures are essential to maintaining your oral health. We just spent the Snake Spring Festival holiday in the Snake. Due to the changes in eating habits and schedules during the Spring Festival holiday, we are also facing some challenges to our oral health. Today we will talk about the topic of oral health.





Here are some common oral health issues and preventive measures



Tooth decay

When the shallow caries of teeth develop into deep caries, it will damage the teeth nerves and cause severe pain. If not treated in time, the lesion will continue to develop and eventually the crown will be completely destroyed and even disappear.

Cause: Tooth decay is caused by bacteria reacted with food residues on the teeth to produce acid for a long time.

Prevention: Maintain good brushing habits and use fluoride toothpaste by using Bass toothbrushing method. Use floss regularly to clean the teeth. Limit the intake of high-sugar foods and beverages. Regular oral examinations should be performed and detect the oral problems as early as possible.

Oral ulcer

It is commonly known as "mouth sore". It is a common ulcerative lesion of oral mucosa. It usually appears on the inside of the lip, tongue, cheek mucosa, soft palate and so on.

Cause: The cause of oral ulcers may include local injury, mental stress, food, drugs, or lack of vitamins, etc., and usually heal after 1 to 2 weeks.

Prevention: Maintain regular life schedule, ensure adequate water consumption daily, consumes more vegetables and fruits, and ensures sufficient B vitamin and vitamin C intake.

Poor oral breath

Poor oral breath is a common oral problem. The common symptoms are abnormal oral breath and odor.

Cause: Bad breath is usually related to bacteria in the mouth, which may be due to periodontal disease, food residues, etc.

Prevention: Maintain good oral hygiene, including brushing teeth, flossing and mouthwash. Check the oral health regularly and deal with potential oral problems.



Periodontal diseases

Periodontitis is an important pathogenic factor that causes periodontal disease, which can cause gums to spontaneously or a small amount of bleeding caused by minor stimulation.

Cause: It is mainly caused by plaque and dental stones, causing gingival inflammation and periodontal tissue destruction.

Prevention: Brush your teeth and use floss every day. Regular cleaning, especially for people who have the risk of periodontal disease. Regular dental examination to evaluate the health status of the periodontal period.

Dental sensitivity

Dental sensitivity is a common oral problem, manifested as pain or discomfort when eating cold food or stimulated by cold material.

Cause: It may be caused by enamel wear and gum atrophy.

Prevention: Improving the method of brushing your teeth, avoid excessive brushing tooth, and brush your teeth with fluoride toothpaste. Quit smoking and alcohol, regular oral examination.

Maintaining oral health is essential for your overall health. The key is keeping daily oral hygiene practice and take regular oral examinations. Timely discovering oral problems and taking effective treatment measures can effectively control the development of oral illness and improve the quality of your life.

Calt Stone

It begins with the milky soft dirt, and gradually calcified and harden. Calt stones are an important pathogenic factor in periodontal disease. It will stimulate the periodontal tissue, compress the gums, causes inflammation of the gums to shrink, and forms a periodontal bag.

Cause: Calt stone is formed by the accumulation of plaque on the surface of the tooth.

Prevention: Wash the teeth regularly to effectively remove the dental stones. Maintain good oral hygiene and brush your teeth regularly.



Decoding the Educational Awakening Hidden in the Myth of Nezha

In 2025, the animated film *Nezha 2* topped the global box office with a record-breaking box office revenue of over ten billion yuan. The moment *Nezha*, the rebellious teenager, tore off the 混天绫 (Heavenly Chaos Rope), it struck a powerful blow against the iron curtain of contemporary education. Within the mythical landscape of the Mountain River Social Map created by Master Taiyi, we see not only a fantastical world but also a mirror that reflects the deepest wounds and awakening moments in Chinese family education.





The Taiji Ring Dilemma: A Millennia-Old Metaphor for Educational Alienation

The Taiji Ring around Nezha's neck is a brilliant metaphor for Eastern educational philosophy. This magical device, capable of suppressing the Demon Pill, has transformed into the "academic shackles" in modern education. In a key elementary school, the timetable is meticulously planned down to the minute, with students shuttling between 12 tutoring classes like puppets on strings. In Haidian Huangzhuang, the glass facades reflect the bent backs of countless children burdened by math problems. Behind this controlling aesthetic lies the psychological mechanism of parents who have turned education into a tool for risk hedging—using certainty to combat future uncertainties.

Erik Erikson's theory of identity development faces a significant challenge here. When teenagers ask, "Who am I?" they are confronted with a cocoon of tutoring classes woven by their parents. A survey by East China Normal University shows that 72.3% of middle school students suffer from "emptiness syndrome," an existential crisis that resonates across time with Nezha's roar of frustration under the suppression of the Taiji Ring.

The Paradox of the Heavenly Calamity Curse: The Destructive Sacrifice of Overprotection

The protective instincts of Nezha's parents, Li Jing and his wife, have evolved into a suffocating form of protectionism in modern times. In an international school in Shanghai, a group of "helicopter parents" monitor their children's heart rates with electronic bracelets and use drones to keep tabs on campus activities. This form of surveillance, done in the name of love, is essentially akin to the destructive curse of the Heavenly Calamity—trading false security for a high price.

Neuroscience reveals the harsh reality of overprotection: the development of the prefrontal cortex requires appropriate risk-taking stimuli. In Finland's education system, the "dangerous play teaching method" deliberately retains 15% of uncontrollable factors, respecting this cognitive law. Just like Nezha's "destruction" in the streets and alleys, it is actually a necessary process for establishing spatial cognition and social skills.

The Heavenly Chaos Rope Revelation: The Possibility of Reconstructing Intergenerational Relationships

When Nezha tore up the substitute talisman, he completed the most magnificent declaration of rebellion in the history of education. The "family contract" reform at Shenzhen Experimental School provides a modern interpretation: students and parents negotiate equally in family meetings, turning mobile phone usage time into tradable "time currency." This intergenerational negotiation mechanism aligns with the "co-cultural" model proposed by anthropologist Margaret Mead.

At Chengdu Pioneer School, the "growth risk map" co-designed by teachers and students redefines the safety margins of education. Students obtain "adventure licenses" through risk assessment games. This institutional innovation is similar to Nezha's acquisition of the Heavenly Chaos Rope—building self-efficacy within controllable risks.

Brain imaging studies show that this autonomous decision-making process significantly enhances the activity of the anterior cingulate cortex, the neural basis of resilience.

Standing at the crossroads of educational paradigm transformation, the myth of Nezha offers us wisdom beyond binary choices. Just as Master Taiyi eventually lifted the curse of the Taiji Ring, contemporary educators need to break free from the binary opposition of "control versus freedom." When parents learn to turn the Heavenly Chaos Rope into a bond of connection rather than a shackle, family education will finally complete the paradigm shift from suppression to dialogue. This long-awaited awakening may allow more "demon children" to shout out their own declaration of independence: "My fate is in my hands, not in the heavens."





Train Your Brain to Fall Asleep Faster

Sleep seems to have become a hot topic and a common issue in today' s society. Due to stress, lifestyles and electronic devices, more and more people have sleep problems. Insomnia, light sleep, dreamy, and wake up early happen to people at all ages.



According to World Health Organisation, there is around 27% of the global population experiencing sleep disorder, and in China there is around 38% of the Chinese population facing this challenge. ◦

A bad night sleep may make you feel tired and weak the next day, but long term sleep deprivation can contribute to health issues, such as cardiovascular diseases, diabetes, depression etc.

There are some common types of sleep problems:

- Stress related insomnia: when your brain is under stress due to work, studies, and other life challenges, you could find it hard to relax and fall asleep.
- Circadian rhythm disorder: this can be caused by staying up late, shift work, and jet lag.
- ☒Electronic devices: the blue light that comes from digital devices such as smartphones and laptops can suppress the production of melatonin – a hormone that.
- ☒Poor sleep hygiene: such as drink coffee or alcohol before bed, and exercise before going to sleep.

These are the common sleep problems that people are dealing with, and the causes are rooted in the way we live our lives nowadays. The lifestyles contribute to sleep problems which affect our health and wellbeing; poor health and wellbeing reinforces sleep issues, and on it goes into a vicious cycle. Therefore, we need to actively and consciously train our brain into falling asleep faster. This is an essential skill and can be learnt.



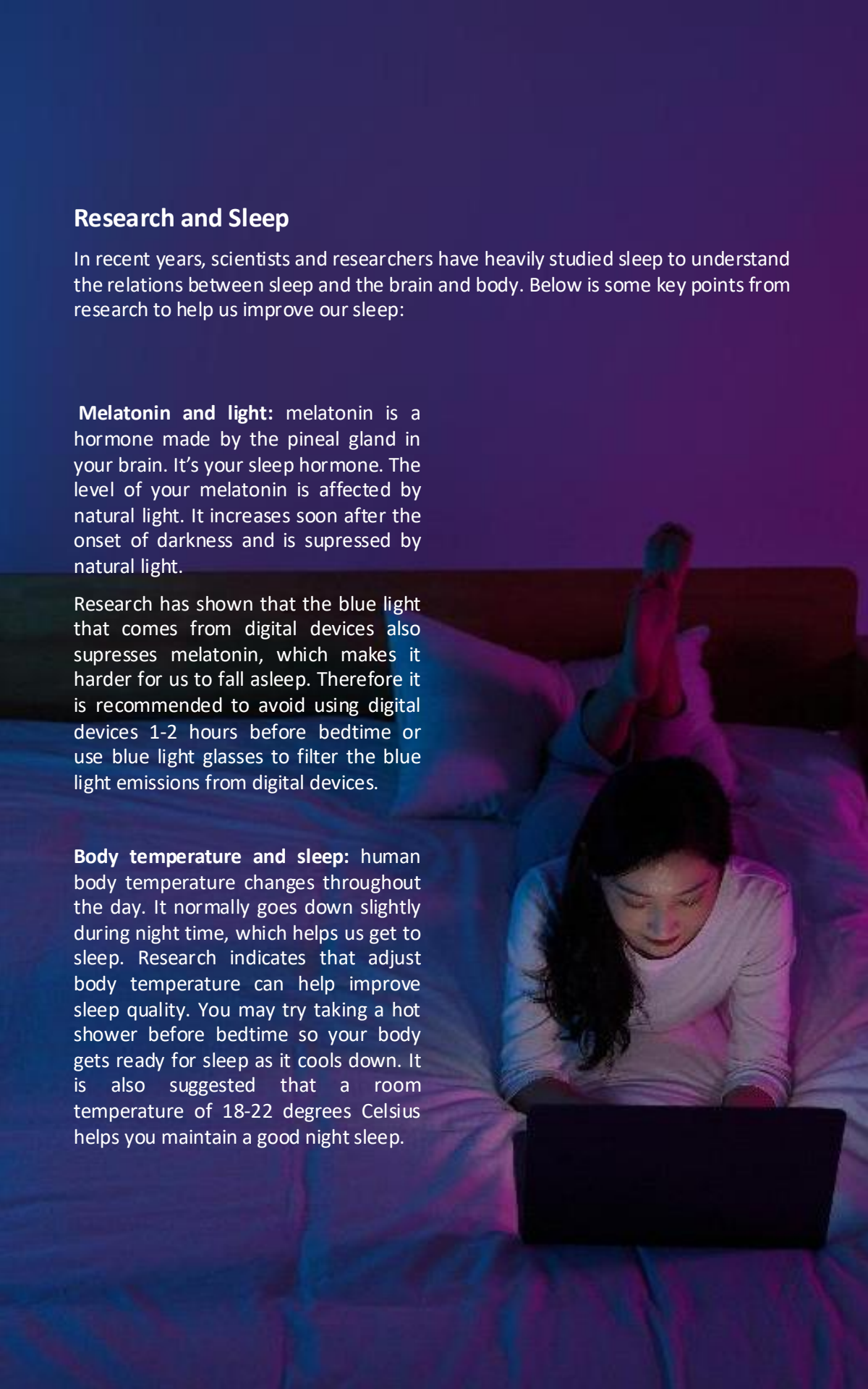
Research and Sleep

In recent years, scientists and researchers have heavily studied sleep to understand the relations between sleep and the brain and body. Below is some key points from research to help us improve our sleep:

Melatonin and light: melatonin is a hormone made by the pineal gland in your brain. It's your sleep hormone. The level of your melatonin is affected by natural light. It increases soon after the onset of darkness and is suppressed by natural light.

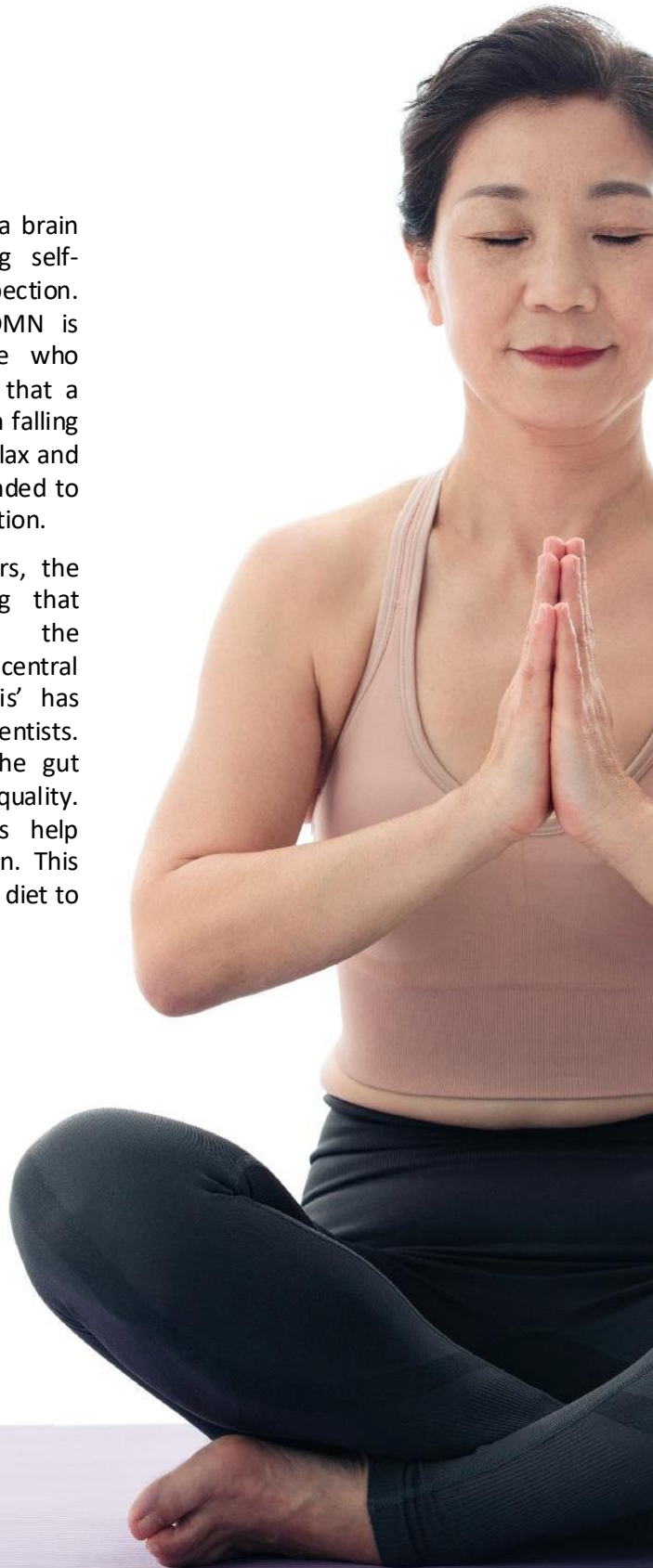
Research has shown that the blue light that comes from digital devices also suppresses melatonin, which makes it harder for us to fall asleep. Therefore it is recommended to avoid using digital devices 1-2 hours before bedtime or use blue light glasses to filter the blue light emissions from digital devices.

Body temperature and sleep: human body temperature changes throughout the day. It normally goes down slightly during night time, which helps us get to sleep. Research indicates that adjust body temperature can help improve sleep quality. You may try taking a hot shower before bedtime so your body gets ready for sleep as it cools down. It is also suggested that a room temperature of 18-22 degrees Celsius helps you maintain a good night sleep.



Default Mode Network: this is a brain network that is active during self-directed thoughts and introspection. Research suggests that the DMN is found more active in people who experience insomnia. It seems that a highly active DMN keeps us from falling asleep. Therefore, in order to relax and deactivate DMN, it is recommended to practice mindfulness and meditation.

Gut microbiota: in recent years, the two-way biochemical signalling that takes place between the gastrointestinal tract and the central nervous system, or 'gut-brain axis' has become a hot subject among scientists. Research has indicated that the gut microbiota plays a role in sleep quality. For example, some probiotics help trigger the release of melatonin. This means that we could change our diet to improve sleep quality.



Five Strategies to Fall Asleep Fast

Based on scientific research, below is some scientifically tested strategies to help you train your brain to fall asleep fast:

4-7-8 breathing

This is a simple yet effective breathing technique. It is developed by an American doctor named Andrew Weil. This technique is a breathing exercise to help activate parasympathetic nervous system which reduces heart rate and blood pressure and is responsible for resting and relaxing.

How to do the 4-7-8 breathing technique:

- 1. Inhale quietly through your nose for a count of four**
- 2. Hold your breath for a count of seven**
- 3. Exhale slowly and completely through your mouth for a count of eight**

Repeat the above steps for four to five times. This will help reduce anxiety and relax in just a few minutes. It will surely help you fall asleep faster too. This strategy is suitable for those who are stressed and experience anxiety.

Progressive Muscle Relaxation PMR

this is a relaxation technique based on a simple practice of tensing and relaxing your muscle groups, one at a time. This technique helps you be aware of the tension in your body and learn to release the tension to achieve relaxation.

What you need to do:

- 1. Starting from your toes, tighten the muscles and hold it for 5 seconds, and then let go for 10 seconds;**
- 2. Make your way upwards to your calf muscles, then thigh muscles, abdominal muscles, arms, shoulders, and facial muscles.**

Research has shown that PMR can help reduce the tension in your body and improve sleep quality. Do this for 10-15 minutes before bedtime, you'll see the difference.





Meditation and mindfulness

this is another effective technique to deactivate the brain's DMN. Through focusing on breathing and what's going on in the body, it is to stop the mind from wandering.

How to practice meditation and mindfulness:

- 1. Find a quiet place, close your eyes, pay attention to your breathing.**
- 2. When the mind wanders away, don't force yourself to stop, but gently bring your attention back to breathing.**
- 3. Practice this every day for 10-15 minutes, and gradually extend the time.**

Mindfulness practice can help improve sleep quality, especially for stress related sleep problems. The Journal of the American Medical Association has published research articles that show mindfulness and meditation helps improve sleep efficiency.

Bedtime hygiene

bedtime hygiene is a set of habits that can help you sleep better and longer. It is to get your brain and body in the best position to sleep well each night and gradually accustomed to the sleep routine.

How to practice sleep hygiene:

- 1. Turn off the digital devices one hour before going to bed, and dim the light;**
- 2. Drink a cup of warm milk or herbal tea;**
- 3. Read an easy book or listen to relaxation music.**

Having a sound and consistent sleep schedule and routine is proven to significantly improve sleep quality.

Sleep environment

a pleasant bedroom environment is quite important for a good night sleep. There are a number of factors to be considered:

Temperature: it is recommended to set your room temperature at 18-22 degrees Celsius as suggested to be the best temperature for sleep.

Light: use heavy curtains or eye mask to block out the light.

Noise: play white noise music or wear earbuds to drown out bothersome sound.

Mattress and pillows: have comfortable mattress and pillows to meet your needs.

The Journal of Environmental Psychology has published research articles that suggest fine-tuning the room temperature and blocking out light help significantly shorten the time one falls asleep.

Optimize sleep environment is important for sleep quality.

Sleep is the foundation of one's health and wellbeing. To fall asleep faster is a key factor for sleep quality. Understanding the causes of sleep problems and learning from the most up-to-date scientific research, we can train our brain to fall asleep fast through breathing technique, muscle relaxation, meditation and mindfulness.

These strategies will help you stay calm and peaceful and enjoy a good night sleep. However, remember that changes will take time and effort. As long as you consistently practice the techniques, you will eventually get there.





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GENERALI CHINA

GCL Customer Service Hotline: 400 888 7555