Health Benefits of Sleep

It is important to get enough sleep every night. Getting enough sleep can help you stay at a healthy weight, reduce stress and improve your mood, get sick less often, think more clearly, make good decisions and avoid injuries, and lower your risk for serious health problems. On the other hand, a lack of sleep increases the risk for obesity, heart disease, and infections. Your body releases hormones during sleep that help repair cells and control the body's use of energy– these hormone changes can affect your body weight.

Although personal needs vary, on average, adults need 7-8 hours of sleep per night. Babies typically sleep about 16 hours a day while young children and teens need at least 9-10 hours of sleep. However, getting enough sleep is not only about the total hours of sleep– it is also important to get good-quality sleep on a regular schedule so you feel rested when you wake up.

Sleep can be disrupted by many things. Stimulants such as caffeine or certain medications can keep you awake. Distractions such as electronics—especially the light from TVs, cell phones, tablets and e-readers—can prevent you from falling asleep. Stress, anxiety, pain, certain health conditions, and untreated sleep disorders can also contribute to disrupted sleep.

If you're having difficulty sleeping, there are some changes you can make to your routine to get the sleep that you need. You can change what you do during the day (for example, do exercise in the morning instead of at night or cutting off coffee by noon), create a comfortable sleep environment (for example, make sure your bedroom is dark and quiet), and set a bedtime routine (for example, go to bed at the same time every night).

睡眠的健康益处

每天晚上有足够的睡眠是很重要的。获得足够的睡眠可以帮助你维持健康的体重，减少压力和改善你的情绪，减少生病，更清晰地思考，做出好的决定和避免受伤，并降低产生严重健康问题的风险。另一方面，睡眠不足会增加肥胖、心脏疾病和感染的风险。你的身体在睡眠期间會释放激素，帮助修复细胞和控制身体对能量的使用——这些激素的变化会影响你的体重。

虽然每个人需求不同，但平均而言，成年人每晚需要7-8小时的睡眠。婴儿通常每天睡16小时左右，而幼儿和青少年至少需要9-10小时的睡眠。然而，获得足够的睡眠不仅仅是指睡眠的总时间，获得规律的高质品質睡眠也很重要，这样在醒来时就能感到有獲得充分的休息。

睡眠可能被许多事物打擾。干擾物包含咖啡因或某些會使你保持清醒的药物。电子产品等干扰，特别是电视、手机、平板电脑和电子阅读器的光线也會影響睡眠。压力、焦虑、疼痛、某些健康状况和未经治疗的睡眠障碍也会导致睡眠中断。

如果你有睡眠困难，可以做一些生活习惯的改变，以获得充分的睡眠。透過改变在白天所做的事情（例如，在早上运动而不是晚上、在中午之後不喝咖啡），创造一个舒适的睡眠环境（例如，确保你的卧室是黑暗且安静的），并制定规律的睡眠週期（例如，每晚在同一时间上床）。

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EAT WELL, STAY HEALTHY!

蔬菜聚光灯: 生菜
VEGETABLE SPOTLIGHT: ROMAINE LETTUCE

豆腐炒生菜 (4人份)
Stir Fried Lettuce with Tofu (SERVES 4)

材料:

- 2汤匙绍兴酒
- 2汤匙减盐酱油
- 2汤匙食用油
- 1包硬豆腐，切块
- 2茶匙姜末
- 2个大蒜瓣，切碎
- 1个辣椒，剁碎
- 1个红甜椒，切成丝状
- 2个生菜

INGREDIENTS:

- 2 tbsp Shao Hsing wine
- 2 tbsp low sodium soy sauce
- 2 tbsp cooking oil
- 1 package firm tofu, cubed
- 2 tsp minced ginger
- 2 garlic cloves, minced
- 1 chili pepper, minced
- 1 red bell pepper, julienned
- 2 romaine lettuce

步骤:

1. 将生菜切成两半。然后横向切成1英寸宽的碎片。食用前请确保冲洗干净。
2. 将绍兴酒、1汤匙酱油和1汤匙水调成酱汁，并放在一边。
3. 在锅中用大火加热一汤匙食用油。加入豆腐，翻炒至金黄色。加入1大匙酱油，一起翻炒，然后将豆腐放在一个盘子里。
4. 加热一汤匙食用油，加入生姜、大蒜和辣椒，翻炒约10秒钟。加入红甜椒，翻炒约1分钟，然后加入切碎的生菜。炒至变软，约1分钟。加入调好的酱汁，煮15-30秒。可与脆皮豆腐和糙米一起享用！

提示：这是一道快手小菜，但你可以预先准备好所有的材料，并把它们放在冰箱里！

INSTRUCTIONS:

1. Cut the romaine lettuce in half. Then Cut crosswise into 1-inch wide pieces. Make sure to rinse before using.
2. Mix together the Shao Hsing wine, 1 tbsp soy sauce, and 1 tbsp water and set aside.
3. Heat one tbsp cooking oil in a pan over high heat. Add the tofu and stir-fry until golden brown. Add 1 tbsp soy sauce, toss together, then transfer the tofu to a plate.
4. Heat one tbsp of cooking oil and add the ginger, garlic, and chili pepper and stir-fry for ~10 seconds. Add the red bell pepper and stir-fry for ~1 minute, then add the chopped lettuce. Stir-fry until the lettuce begins to wilt, ~1 minute. Add the rice wine mixture and cook for 15-30 seconds. Serve with the crispy tofu and brown rice and enjoy!

Tip: This is a last-minute dish but you can prepare all of the ingredients ahead of time and keep them in the refrigerator!