

First-tier cities refer to Shanghai, Beijing, Guangzhou and Shenzhen; new first-tier cities include 15 cities such as Suzhou, Nanjing and Wuhan; second-tier cities include 30 cities such as Hefei and Lanzhou.

In fact, according to sleep experts, the blue light emitted by the screens of mobile devices also harm sleep quality by restraining the body's secretion of melatonin, a hormone that controls the sleep-wake cycle.

The survey also found that when people have trouble falling asleep, they often revert to their smartphones for diversion, which creates a vicious cycle because the longer they stare at their screens, the more sleep evades them.

Meanwhile, minors are generally sleeping longer since after-class training schools were ordered to shut down, but most of them still don't get a full eight hours, according to the survey. People under 18 sleep on average for seven hours per night.

The survey found that most minors used that extra hour on digital entertainment. Only 27 percent of them said they were forced to stay up late because of homework.

"We urge parents to take action because adequate sleep is vital for both physical and mental development," said the report.

Feng Qiang, a psychiatrist and therapist, said improving sleep is easy if one has the self-discipline to form good habits.

"We always suggest that people go to sleep and get up at the same time every day, and not sleep in on weekends because it's essential for your body to form a biological clock," he said. "But it's much easier said than done."

Another important yet hard-to-do trick during a sleepless period is to resist the urge to keep checking on the time. That

only adds to anxiety.

"Falling asleep is a human instinct," Feng said. "The harder you try to fall asleep, the more difficult it actually becomes."

Feng suggests that people who have trouble falling asleep change their inner dialogue from "I need to get to sleep" to "Okay, that's it! I'm just going to lie here, asleep or not." The result is that most people wake up in the morning without noticing when they fell asleep.

Feng said that everybody knows that inadequate sleep may cause health issues, such as increasing the risks of cardiac-cerebral vascular diseases, diabetes, cancers and depression. However, anxiety over not sleeping enough is also harmful.

"Everyone actually has a different, personal sleep-wake cycle, and you don't have to stick to an eight-hour sleep every night," he said. "If you sleep for around seven hours and feel good the next morning, that's enough sleep for you."

More sleep tips from experts:

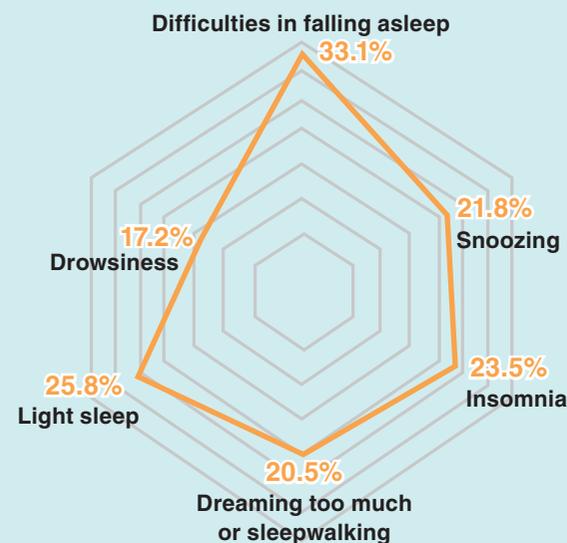
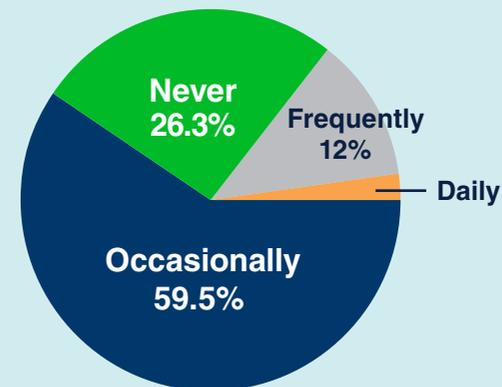
Try to arrange study, work, exercise and social activities to be completed during the day.

Don't drink coffee or caffeinated tea late in the day. Drinking alcohol isn't a recommended remedy. Stick with milk to help induce sleep.

Practice deep breathing — slowly expand the chest cavity, inhale air, hold your breath for a while, and then slowly exhale the air. Repeat five or six times. It will feel very relaxing and can help sleep.

Some people resort to traditional Chinese medicine tonics for help sleeping.

How often do you suffer from a sleep disorder and in what form?



Source: Healthy Sleep Survey of China 2022