主題：培養子女健康的睡眠習慣

A. 內容撮要：

一、 充足睡眠的重要性

- **正面益處**：消除疲勞、促進新陳代謝及免疫系統功能，是大腦進行記憶整合與情緒調節的關鍵時刻。
- **睡眠不足的負面影響**：導致專注力下降、記憶力衰退，甚至引發焦慮與暴躁等情緒問題，嚴重影響學習表現及日常生活。

二、 建立健康的生理時鐘

- **規律作息**：制定固定的上床及起床時間，週末或假期亦不應隨意打亂。
- **睡前緩衝期**：睡前預留約一小時進行放鬆活動（如閱讀、聽音樂或浸浴）。
- **避免刺激**：睡前避免劇烈運動或使用發出藍光的電子產品（如手機、電腦），以免抑制褪黑激素分泌。

三、 營造理想的睡眠環境與生活習慣

- **寢室環境**：保持光線柔和、溫度適中、空氣流通且環境寧靜。
- **午睡控制**：若有午睡習慣，時間不宜過長，以免影響夜間睡眠質素。
- **飲食節制**：晚餐不宜過飽或過飢；睡前避免攝取含咖啡因的飲料（如茶、咖啡或可樂）。

四、 提供情緒支援與陪伴

- **同理與傾聽**：若子女因學業壓力或情緒困擾而失眠，家長應多加傾聽與陪伴，協助疏導情緒。
- **避免責備**：不要單純責備子女遲睡，應透過溝通與生活習慣調整來解決根本問題。

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B. 家長反思題：

1. 回顧過去一星期，我有沒有協助子女在睡前一小時放下手機或電腦，並與他們一起建立放鬆的「睡前緩衝期」（例如一起閱讀或聽輕音樂）？
2. 當發現子女很晚還未入睡，或者第二天精神不佳時，我的第一反應是直接責備他們，還是會先關心他們是否正面對學業或人際關係上的壓力？

參考資料：

1. https://www.studenthealth.gov.hk/tc_chi/emotional_health_tips/txt_sleep_issue.html
2. https://www.oshc.org.hk/oshc_data/files/greencross/2024/GXJUL-SEP2024-11.pdf

Topic: Building Healthy Sleep Habits for Your Children

A. Content Summary:

1. The Importance of Enough Sleep

- **Good benefits:** It helps the body rest, boosts metabolism, and makes the immune system stronger. It is also an important time for the brain to process memories and manage emotions.
- **Bad effects of not sleeping enough:** It causes poor focus and weak memory. It can also lead to emotional problems like anxiety and anger, which heavily affect school performance and daily life.

2. Building a Healthy Body Clock

- **Regular schedule:** Set fixed times for going to bed and waking up. Try not to change this routine, even on weekends or holidays.
- **Wind-down time:** Leave about an hour before bed for relaxing activities (like reading, listening to music, or taking a bath).
- **Avoid excitement:** Do not do heavy exercise or use electronic devices with blue light (like phones or computers) before bed. Blue light can stop the brain from making the sleep hormone (melatonin).

3. Creating a Good Sleep Environment and Daily Habits

- **Bedroom environment:** Keep the room quiet with soft lighting, fresh air, and a comfortable temperature.
- **Nap control:** If your child takes naps, keep them short so they do not ruin their sleep at night.
- **Eating habits:** Do not let them eat too much or go to bed hungry. Avoid drinks with caffeine (like tea, coffee, or cola) before bed.

4. Providing Emotional Support and Care

- **Listen and understand:** If your child cannot sleep because of school stress or emotional problems, spend time with them and listen. Help them calm their feelings.
- **Do not just scold:** Instead of just scolding them for staying up late, talk to them and adjust their daily habits to fix the real problem.

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B. Parent Reflection Questions:

1. Looking back at the past week, did I help my child put away their phone or computer an hour before bed? Did we build a relaxing "wind-down time" together (like reading or listening to soft music)?

2. When I see my child staying up very late or looking tired the next day, is my first reaction to scold them? Or do I first ask if they are dealing with stress from school or friends?

Reference：

1. https://www.studenthealth.gov.hk/tc_chi/emotional_health_tips/txt_sleep_issue.html
2. https://www.oshc.org.hk/oshc_data/files/greencross/2024/GXJUL-SEP2024-11.pdf