

(英語)  
避難所で眠るために

### **Sleeping soundly at evacuation centers**

Many evacuees may suffer from sleep deprivation, as they stay longer in the evacuation shelter. In this case, trying the following tips could improve the quality of your sleep.

- Stay out in the sun during the daytime and do some exercise. This helps you improve your circulation, which could make you sleep well. (Staying indoors all day results in poor blood circulation, which may make it difficult to sleep.)
- When you find it is hard to sleep well because your futon (mattress) has been directly put on the hard floor like in a gymnasium, you should lie on your side and hold a pillow or cushion in your arms if there are some available. This eases the load on your waist.
- Kleenex tissues can be used as a substitute for earplugs, and a face towel can be used as a replacement for an eye mask.