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| 番号 | 見出し／本文 | 英語 |
| 49 | 避難所で眠るために | Sleeping soundly at evacuation centers |
| 避難所での生活が長く、睡眠不足になる人もいると思います。そういうときは眠れる工夫をしてみましょう。  ○昼は日光を浴びて、体を動かすようにしましょう。ずっと室内にいると、血のめぐりが悪くなって、 　眠りにくくなることがあります。 ○体育館などの硬い床に布団を敷いているときは、横向きになり、座布団や枕があれば、抱えて寝ま 　しょう。腰への負担が軽くなります。 ○ティッシュは耳栓代わりに、タオルはアイマスク代わりに使えます。 | 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. |