**Enough Sleep Could Reduce Risk of Injury, Study Finds**

**研究发现充足的睡眠可以降低受伤的风险**

A new study suggests that healthy adults who get at least eight hours of sleep a night may be less likely to experience common exercise-related injuries.

一项新的研究表明，每晚至少睡8小时的健康成年人不太可能遭遇常见的运动性损伤。

The study was based on information from over 7,500 United States soldiers in the Army’s Special Operations Forces. About 95 percent of the study subjects were men.

这项研究基于美国陆军特种作战部队7500多名士兵身上获取的信息。其中约95%的研究对象为男性。

The researchers found that soldiers who got no more than four to five hours of sleep a night were over two times as likely to report bone or muscle injury in the last year than those who slept eight hours or longer.

研究人员发现，与每晚睡8小时或更长时间的士兵相比，那些每晚睡眠时间不足4到5个小时的士兵去年报告骨骼或肌肉受伤的频率要高出两倍。

Tyson Grier is with the U.S. Army Public Health Center in Maryland. He was one of the writers of the study. He said that getting enough sleep not only improves physical performance among active people, but it "may also...have a positive impact on musculoskeletal injury prevention.”

泰森·格里尔在马里兰州的美国陆军公共卫生中心工作。他是该研究的作者之一。他说，充足的睡眠不仅可以改善运动人群的身体机能，而且“可能……对预防肌肉骨骼损伤有积极影响。”

During the yearlong study, more than half of the soldiers said they had experienced at least one musculoskeletal injury.

在为期一年的研究中，超过一半的士兵说他们至少遭受了一次肌肉骨骼损伤。

Most study subjects – about 63 percent – reported getting six to seven hours of sleep a night. About 10 percent reported getting no more than four hours. Only 16 percent got eight hours or more.

大多数研究对象(约63%)报告称每晚睡六到七个小时。大约有10%的人报告睡眠不超过4小时。只有16%的人睡够了8小时或更长时间。

Compared to those who reported eight hours of sleep or more each night, soldiers who slept seven hours were 24 percent more likely to experience a musculoskeletal injury.

与报告每晚睡眠8小时或更长时间的人相比，睡眠约7小时的士兵遭受肌肉骨骼伤害的可能性高24%。

The risk climbed as the hours of sleep dropped, with a 53-percent greater injury risk at six hours of sleep. At five hours of sleep, the risk of injury was two times greater.

受伤风险会因睡眠时间的减少而上升，睡眠约6小时的人受伤风险增加了53%。睡眠5小时的士兵，受伤的风险增加了两倍。

In the Army, two-thirds of injuries are from musculoskeletal overuse. Most are caused by physical training or repetitive activities, the research team wrote in the study, which was published in Sleep Health.

在部队中，三分之二的伤害是由于肌肉骨骼过劳造成的。该研究小组在研究中写道，大多数伤害是由体能锻炼或重复性活动引起的。该研究发表在《睡眠健康》杂志上。

About 42 percent of Army soldiers report an average of five hours of sleep or less each night. The study notes that making sure soldiers get enough rest could be a way to reduce injury risk.

大约42%的陆军士兵每晚平均睡眠少于5小时。该研究指出，确保士兵获得足够的休息时间可能是降低他们受伤的风险的一个办法。

One limitation of the study is that researchers depended on soldiers reporting how long they slept each night. And, additional research would be needed to test whether increasing sleep time really reduces injuries.

该研究的局限性在于，研究人员依赖士兵们上报的夜间睡眠时长，而且要想证明增加睡眠时间真的可以减少受伤，还需要进一步的研究来进行测试验证。

Dr. Hohui Wang is with the University of California, San Francisco. He was not involved in the study. He said that getting too little sleep leads to decreased attention and mental energy, which can lead to people being more likely to get hurt.

王厚慧（音译）博士在美国加利福尼亚大学旧金山分校任职。他没有参与这项研究。他说，睡眠不足会导致注意力下降和精力不足，从而导致人们更容易受伤。

Wang added that sleep loss causes “cell damage in multiple organs.” Getting extra sleep might help reverse this cell damage over time.

王博士补充道，睡眠不足会导致“多种器官的细胞损伤”。长时间睡眠可能有助于逆转这种细胞损伤。

Most people are healthiest and perform their best with seven to nine hours of sleep a night, said Captain Jeffrey Osgood. He is with the Walter Reed Army Institute of Research in Maryland. He was not involved in the study.

杰弗里·奥斯古德上尉表示，大多数人每晚睡七至九小时就能足够健康且能表现很好。他在马里兰州的沃尔特·里德陆军研究所工作。他也没有参与这项研究。

Osgood offered suggestions for how people can get more – and better-quality – sleep.

奥斯古德为人们提供了关于如何获得更多更高质量的睡眠的建议。

He advises the following:

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“Try to avoid caffeine, nicotine, and exercise in the hours leading up to sleep; avoid using alcohol as a sleep aid; don’t go to bed hungry; try to keep your bedroom dark and quiet; use sleep masks and/or earplugs if needed; and keep your smartphone/devices out of bed.”

“睡前几小时内，尽量避免食用咖啡因，尼古丁和做运动；避免利用酒精助眠；不要饿着肚子睡觉；确保自己的卧室很暗且安静；必要时使用睡眠眼罩和/或耳塞；同时不要把智能手机/设备带到床上。”

I’m Ashley Thompson.

阿什利·汤普森。

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