

HSIN YEY TAIWANESE MANDARIN



- Cathy 我最近早上起床的時候都覺得好累，身體感覺很疲憊，連動的力氣都沒有。所以後來我看了一本書之後，發現要讓自己每天早上可以精神滿滿的起床，有一個關鍵。
Recently, I have always felt tired when I wake up. My body feels exhausted, and I don't even have the strength to move. Sometimes I think this way, too. I don't know if it's because of being too tired. So, after reading a book, I discovered a key to feeling energetic every morning when getting up.
- Cindy 是什麼呢？
What is it?
- Cathy 就是要打造起床後的一連串的例行公事
It's all about creating a routine when you wake up.
- Cindy 喔喔，原來，那你的例行公事有哪些阿？
Oh, I see. What's your routine?
- Cathy 這就是我今天想跟大家分享的事情，我們先來介紹一下例行公事是什麼吧！
That's what I want to share with you today, and let's start with what a routine is!
- Cathy 各位有每天早上醒來一定要做的事情嗎？這樣的事情我們叫例行公事。舉例來說，我每天早上醒來都會替自己泡一杯咖啡，泡咖啡就是我的例行公事。泡完咖啡之後，我會去刷牙洗臉，如果時間不趕的話，我會化一個簡單的妝。
Do you have a routine that you must do every morning when you wake up? This is what we call a routine.
For example, I make myself a cup of coffee every morning when I wake up; making coffee is my routine.
After making coffee, I brush my teeth and wash my face, and if I'm not in a hurry, I put on simple makeup.

所以每天早上起床後進行簡單的洗滌也是我的例行公事。
因為我沒有每天化妝，只有在不趕時間的時候才會化妝，
所以化妝就不是我的例行公事囉！

那你呢？你的例行公事有哪些呀？

That's why it's my routine to do a simple wash after waking up every morning.

Since I don't wear makeup every day and only do it when I'm not in a hurry, makeup is not part of my routine!

What about you? What are your routines?

Cindy

我嗎？我的例行公事其實很簡單，
就是刷牙、洗臉、然後坐在書桌上開始寫我的論文。

Me? My routine is very simple: I brush my teeth, wash my face, and then sit down at my desk to start writing my thesis.

Cathy

我有時候醒來會先躺在床上看網路漫畫之後再下床欸，
雖然這個習慣很不好，但我覺得起床後滑手機、
看看社群媒體可以讓我比較有動力展開新的一天。

I sometimes wake up in bed and watch webcomics before getting out of bed. Although it's a bad habit, I feel that waking up, scrolling through my phone, and checking social media can give me more motivation to start the day.

Cindy

說到醒來就馬上滑手機，我突然想到一件事情。
如果你醒來後第一件事情是滑手機，
這樣不就代表這些人睡前會習慣把手機放床邊嗎？

Speaking of waking up and sliding your cell phone right away, something occurred to me. If the first thing you do when you wake up is slide your cell phone, doesn't that mean that these people have a habit of putting their cell phones next to their beds before they go to sleep?

Cathy

可能吧！但我不會把手機帶到睡覺的地方欸，
我覺得不管是睡前還是睡醒直接滑手機都對眼睛很不好，
所以我才說我醒來後躺在床上看網路漫畫這個習慣很不好。

Maybe! But I don't bring my cell phone to the place where I sleep. I think it's bad for your eyes to slide your cell phone before you sleep or wake up. That's why I said I have a bad habit of waking up and reading webcomics in my bed.

Cindy

而且睡前滑手機對睡眠品質也有影響吧！
我發現啊，我只要睡前看手機超過一小時，
我當晚就會睡不著，甚至還會失眠。

And cell phone before bedtime affects the quality of sleep, right? I've found that if I look at my cell phone for more than an hour before I go to bed, I can't sleep that night, and I even have insomnia.

Cathy

失眠...好嚴重喔。
以前我不知道失眠的嚴重性，
但上大學的時候有過幾次失眠的經驗之後就被嚇到了。
因為一個晚上沒睡，隔天的精神真的很差，
做什麼事情都會很不順利。

Insomnia... It's so serious. I didn't know the seriousness of insomnia before, but I was shocked when I had insomnia a few times when I was in college. When I didn't sleep for a night, I felt really bad the next day, and I couldn't do anything smoothly.

Cindy

我其實也有幾次失眠的經驗欸...
我會整個晚上都是處在一個半夢半醒的狀態，
好像要睡了，但我的大腦又告訴我，還沒喔！你還醒著。
這個失眠的過程真的很痛苦。

I've experienced insomnia a few times too... I'd spend the whole night half-asleep like I was going to sleep, but then my brain would tell me, "No, you're not! You're still awake. This insomnia process is really painful.

Cathy

所以為了不要讓自己有睡不著的狀況發生，
我覺得在傍晚的時候做一些幫助睡眠的例行公事也很有效果。

So in order to avoid having trouble sleeping, I think it's also effective to do some sleep routines in the evening.

Cindy

那你會推薦大家做哪些幫助睡眠的睡前例行公事呀？

What bedtime routines would you recommend for people to do to help them sleep?

Cathy

像是點香氛蠟燭呀、泡一杯無咖啡因的茶、閱讀三十分鐘之類的。
You can light a scented candle, make a cup of decaffeinated tea, and read for 30 minutes.

Cindy

我也會做一些簡單的瑜珈，真的對幫助睡眠很有效。

I also do some simple yoga, which really helps with sleep.

Cathy

有時候生活雖然平凡，
但透過這些睡前與起床的例行公事可以讓自己感覺更充實、內心更平和，
也可以更好地享受生活中的小美好。

Sometimes life can be mundane, but through these bedtime and wake-up routines you can feel more fulfilled, have more peace of mind, and enjoy the little things in life better.

Cindy 確實，這些日常例行公事伴隨著我們的每一天，讓我們感到生活是很有秩序的。這種規律的生活方式同時也給了我們信心，讓我們可以去迎接生活中的各種挑戰和機會。

Indeed, these daily routines accompany us every day and give us a sense of order in our lives.

This disciplined lifestyle also gives us the confidence to take on life's challenges and opportunities.

Cathy 沒錯，希望我們的podcast也可以成為你的例行公事的一部分，陪伴你學習中文

Right, I hope our podcast can also become part of your routine tasks, accompanying you in learning Chinese.

Cindy 以上就是今天podcast的內容，我是主持人Cindy。
That's it for today's podcast content. I am the host, Cindy.

Cathy 我是主持人Cathy
I am the host, Cathy.

Together 謝謝你的收聽，我們下次見
Thank you for listening, and we'll see you next time!