

Moke Conversation – Lecture 9

Sleep Issues 睡眠问题

Insomnia, Difficulty falling asleep, Staying asleep or waking up, Sleep affecting daily life 失眠、难以入睡, 睡着或醒着, 睡眠影响日常生活

医生 (Doctor):

How has your sleep been recently? Are you sleeping well at night?

您最近的睡眠情况怎么样?晚上能睡好吗?

患者 (Patient):

I've been having trouble falling asleep lately, and once I wake up, I can't fall back asleep. I wake up several times during the night.

最近我很难入睡, 醒来后也睡不着, 经常半夜醒好几次。

医生 (Doctor):

Are you sleepy during the day? Have these sleep problems affected your daily life?

您白天感到疲倦吗?这些睡眠问题有没有影响您的日常生活?

患者 (Patient):

Yes, I often feel sleepy during the day and lack the energy to do things.

是的, 我白天经常觉得困, 感觉没精神做事情。

医生 (Doctor):

We can discuss ways to improve your sleep, which may include adjusting your daily routine or using medication to help.

我们可以一起讨论如何改善您的睡眠，可能会通过调整日常作息或者用药来帮助您。

Emotional Concerns 情绪问题

Feeling down or anxious, Irritable or restless, Loss of interest 情绪低落或焦虑，易怒或不安，失去兴趣

医生 (Doctor):

How have you been feeling recently? Have you been feeling down or anxious?

您最近的情绪怎么样?有没有觉得情绪低落或焦虑?

患者 (Patient):

I haven't been feeling great lately. I've been feeling down and haven't had much interest in doing things.

我最近情绪不太好，总觉得心情很低落，对很多事情都没有兴趣。

医生 (Doctor):

How long have these feelings been going on? Have they affected your sleep or daily activities?

这些情绪问题持续多久了?有没有影响您的睡眠或日常活动?

患者 (Patient):

It's been going on for a few months. I often feel very tired during the day and have no motivation to do anything.

差不多有几个月了。我白天经常感到很疲倦，也没有什么动力去做事情。

医生 (Doctor):

I recommend we explore some options, such as emotional support or adjusting your lifestyle habits, to help improve your mood.

我建议我们一起考虑一些方案，比如心理支持或调整生活习惯，来帮助您改善情绪。