

## Preface

People's life, 1/3 of the time spent in sleep, its quality is good or bad and human health is closely related, which shows how important sleep is to everyone. In a sense, the quality of sleep determines the quality of life.

We know that in life on the road to success, is essential to IQ and EQ, in addition to IQ and EQ, and more importantly, is the water, about sleep quotient, American psychologist gives such a definition: sleep quotient, is the most important indicator measuring sleep quality, is the mind and body in unit time sleep restores the physical strength and energy.

Thanks to modern society and the popularization of television and computers, people today sleep about 1.5 hours less per day on average than people 50 years ago. According to the World Health Organization, about 30 percent of people worldwide suffer from sleep disorders, and 38 percent of Koreans suffer from sleep disorders of all kinds. According to statistics, the average Chinese only sleep 6.5 hours a night, and 60 percent of the post-90s generation do not get enough sleep. Many people have some sort of sleep problem, either having trouble sleeping or not sleeping well. However, sleep for us is actually a matter of happiness, and is also very important for physical and mental health.

Studies have found that, in addition to high emotional intelligence, successful people also have a high sleep quotient. Although sleep time is short, they fall asleep quickly and sleep quality is high. For example, Li Ka-shing's work schedule: No matter what time he goes to bed, he must get up at 5:59 am af-

ter the alarm goes off. And studies have shown that people who sleep better repair their brain cells faster and get things done more efficiently.

People with high sleep quotient are more likely to feel happy. In fact, everyone's body follows a conservation law of energy. The extra time and energy consumed in the night naturally needs the same energy in the day to make up for it, which is why people who stay up late the next day will feel physically tired and in poor condition. In the long run, it will also lead to insufficient blood supply to the heart, tinnitus, sallow face, gastrointestinal disorders, endocrine problems, and induce cardiovascular and cerebrovascular diseases. A lot of times, your sleep quotient is a reflection of your real life. Frequent insomnia, staying up late, and more dreams at night mean that your mental state is very stressful and your life is very tight. On the other hand, having a regular sleep schedule and being able to fall asleep every night is associated with a relaxed mental world, peace of mind and contentment. A good night's sleep is the best investment in yourself.

A high sleep quotient is a remarkable ability to have a friend who can go on a regular sleep schedule for ten years, never fall asleep for more than five minutes, and always look fresh and energetic whenever and wherever you see her. To experience, she said lightly every day before falling asleep, I will ask myself whether I have tried my best in life, whether I have tried my best in feelings. If you can do that, you can go to sleep.

In recent years, psychological therapy and physical therapy, as non-drug treatment methods, are increasingly used in insomnia disorders. Because of

their few side effects, satisfactory treatment effect and high patient compliance, they play an increasingly important role in the treatment of insomnia disorders.

The authors of this book are mainly doctors or psychological workers at the clinical front line. They have accumulated some experience in clinical psychotherapy and physical therapy and share it with you. It can be used as a popular sleep book or a reference book for professionals. Most of the authors wrote the book after working in the sleep center, and mistakes are inevitable, but the flaws do not hide the flaws. We still hope that the publication of this book can provide reference for the development of sleep science and clinical psychotherapy and physiotherapy auxiliary reference.

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