



## Dr. Wu Chia Shuo

Clinical Psychologist/Sleep Management Expert of Taiwan

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- Physician at The Sleep Center, Chang Gung Memorial Hospital
- President of Taiwan Mental Health Development Association
- Director of the Taiwan Sleep Medicine Society
- The Author of “Let You Sleep Well - The Famous Medical Clinic”, “Why the Princess Stays Up All Night”, “Insomnia Guarantee Class” and so others.

# FOUR SLEEP-INDUCING STAGES

Dr. Wu Chia Shuo is a clinical psychologist from Taiwan. He commented that according to the sleep survey done between 2015 to 2017 by the Taiwan Sleep Medicine Society, 41.0% of the people were “dissatisfied” with their sleep, 20.2% suffered from insomnia and 11.3% faced chronic insomnia. Insomnia disturbance includes the following three symptoms: difficulty falling asleep (it takes more than 30 minutes to fall asleep after going to bed), wake up symptoms (wake up more than 30 minutes in the middle of the night), and wake up too early (wake up earlier than the expected time and cannot fall asleep again).

He also likened sleep to the “ATM” machine. During the day, people spend 16 hours saving their sleep urge, that is, “deposit” the urge for sleep. During the “withdrawal” time at night, it will induce us into a stable deep sleep. Excessive tossing and turning in the bed or napping more than 30 minutes during the day will cause sleepiness to come later than the regular expected bedtime.

He commented that daily life habits could treat insomnia. “The 333 Exercise Rules” means to exercise three times a week, 30 minutes or more each time, so that the heartbeat rate is maintained at 130. “The 33 Afternoon Nap Rules” means to take a nap not more than 30 minutes during the day. One should not take any nap after 3 p.m., and it is recommended to take a nap within 7 hours after getting up in the morning.

He also proposed the “Pre-Bedtime 4B Sleep Inducing Rule”: “Bath Time” is the best time to relax the body and the mind, and temperature change help inducing sleep, allowing the body to start switching to sleeping mode. The “Pause Time” is to suspend all distractions after writing down the troubles and unresolved issues in the “Misery Diary”. After that set aside 15 minutes of ‘Relaxation Time’ to slow oneself down and to get ready for sleep. When it is “Bedtime”, one should refrain from watching the television or browsing the mobile phone or doing other non-sleeping activities. Through these four stages, one will be able to induce sleep.