



rù mián

入眠

verb · to fall asleep

Example Sentences

tā hěn kuài jiù rù mián le
他很快就入眠了。

He fell asleep quickly.

hē bēi rè niú nǎi yǒu zhù yú rù mián
喝杯热牛奶有助于入眠。

Drinking a cup of warm milk helps to fall asleep.

tā yīn wèi jiāo lǜ ér nán yǐ rù mián
他因为焦虑而难以入眠。

He had difficulty falling asleep due to anxiety.

Trace each character, then write the word on your own.

入	入	入	入	入																	
眠	眠	眠	眠	眠	眠	眠	眠	眠	眠	眠	眠										
眠	眠																				