zuò wò bù níng

坐卧不宁

idiom · restless whether sitting or lying down; uneasy and agitated due to worry, fear, or pain

Example Sentences

kǎo shì chéng jī hái méi gōng bù tā zhè jǐ tiān zuò wò bù níng lián fàn dōu chī bù xià
考试成绩还没公布，他这几天坐卧不宁，连饭都吃不下。

The exam results haven't been announced yet; these past few days he has been so restless that he can't even eat.

yá téng de tā zuò wò bù níng zhǐ hǎo tiān yí liàng jiù qù kàn yī shēng
牙疼得他坐卧不宁，只好天一亮就去看医生。

The toothache made him so restless that he had no choice but to go see a doctor as soon as it was light.

dé zhī hái zi bàn yè hái méi huí jiā mā ma zuò wò bù níng yí biàn biàn wǎng chuāng wài kàn
得知孩子半夜还没回家，妈妈坐卧不宁，一遍遍往窗外看。

Upon learning that her child still hadn't come home in the middle of the night, the mother was so uneasy that she kept looking out the window again and again.

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