



ān mián

安眠

verb · to sleep peacefully

Example Sentences

Hē bēi rè niú nǎi yǒu zhù yú ān mián

喝杯热牛奶有助于安眠。

Drinking a cup of warm milk helps with peaceful sleep.

Tā zuì jìn shī mián xū yào ān mián yào cái néng rù shuì

他最近失眠，需要安眠药才能入睡。

He has been suffering from insomnia recently and needs sleeping pills to fall asleep.

shuì qián tīng qīng róu de yīn yuè néng ràng rén ān mián

睡前听轻柔的音乐能让人安眠。

Listening to soft music before bed can help one sleep peacefully.

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

安	安	安	安	安	安	安	安	安		
眠	眠	眠	眠	眠	眠	眠	眠	眠	眠	眠
眠	眠									