



qǐn shí bù ān

寝食不安

idiom · unable to eat or sleep peacefully; deeply worried or agitated

Example Sentences

kǎo shì jié guǒ hái méi chū lái tā zhè jǐ tiān yì zhí qǐn shí bù ān
考试结果还没出来，他这几天一直寝食不安。

The exam results haven't come out yet, so he has been unable to eat or sleep well these past few days.

tā qǐn shí bù ān zhí dào jiā rén chuán lái píng ān de xiāo xī
她寝食不安，直到家人传来平安的消息。

She could not eat or sleep peacefully until her family sent word that they were safe.

tīng shuō hái zǐ zài wài miàn yù dào má fan mā ma jí de qǐn shí bù ān
听说孩子在外面遇到麻烦，妈妈急得寝食不安。

Hearing that her child had run into trouble outside, the mother was so worried that she couldn't eat or sleep well.

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

寝	寝	寝	寝	寝	寝	寝	寝	寝	寝	寝
寝	寝	寝	寝	寝						
食	食	食	食	食	食	食	食	食	食	食
食										
不	不	不	不	不	不	不				

continued practice

I Continue tracing each character, then write the word on your own.

安 安 安 安 安 安 安 安 安