



shuì mián

睡眠

Noun · sleep

Example Sentences

xiǎo hái zǐ xū yào chōng zú de shuì mián suǒ yǐ yīng gāi zǎo diǎn shuì jiào
小孩子需要充足的睡眠，所以应该早点睡觉。

Children need sufficient sleep, so they should go to bed early.

ài yè pào jiǎo yǒu zhù yú gǎi shàn shuì mián
艾叶泡脚有助于改善睡眠。

Soaking feet with mugwort leaves helps improve sleep.

liáng hǎo de shuì mián duì jiàn kāng hěn zhòng yào
良好的睡眠对健康很重要。

Good sleep is important for health.

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

睡	睡	睡	睡	睡	睡	睡	睡	睡	睡	睡
睡	睡	睡	睡	睡						

眠	眠	眠	眠	眠	眠	眠	眠	眠	眠	眠
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