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... >随着80、90后生活压力的增大，普遍体现在长期的作息与生活习惯不规律而产生极大的睡眠问题。美国科学院睡眠医学证实影响睡眠的因素不仅仅是熬夜、蓝光，更多是错误的生活习惯导致人体时差紊乱，就会出现日间嗜睡、夜晚失眠等现象，极度危害着人体的健康。文章基于人群使用黏性最大的手机类交互产品，分析了时差调节和行为习惯调整应用程序。希望未来置入人们的日常睡眠活动调节中，通过对生活规律阶段性的修正调整，来辅助改善人们的日常睡眠。

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Interactive Design of Short-term Behavior Adjustment in Patients with Insomnia

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" C T U S B D With the increase of life pressure after 80s and 90s, it is generally reflected in the long-term work and rest and irregular living habits that cause great sleep problems. The factors that affect sleep are not only staying up late and blue light, but also wrong lifestyle habits that cause jet lag disorder in the human body, and there will be daytime sleepiness, night insomnia and other phenomena, which are extremely harmful to human health. The article analyzes jet lag adjustment and behavior adjustment applications based on the most sticky mobile phone interactive products used by the crowd. It is hoped that in the future, it will be put into people's daily sleep activity adjustment, and through the periodic adjustment and adjustment of life rules, it will help improve people's daily sleep.

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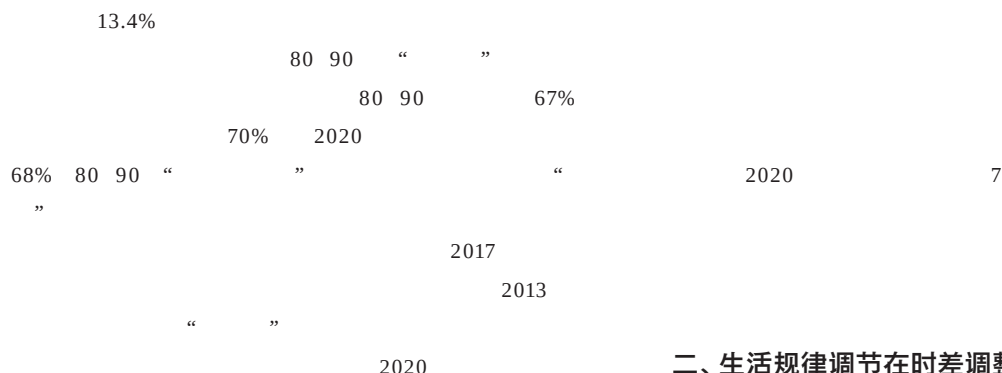
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一、时差综合症的探究

(一) 城市年轻人的睡眠问题凸显

(三) 时差紊乱的反应与危害

2021



(二) 影响睡眠的因素

二、生活规律调节在时差调整中的重要性

(一) 光照调节

(二) 倒计时应用程序

（三）调研产品分析总结

四、结论

App

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“ Timeshifter ” “ Tempori ”

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Timeshifter

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2018

2020

2019-2020

Anne-Marie Chang Daniel Aeschbach Jeanne F Duffy Charles Czeisler. Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness[D]. Proceedings of the National Academy of Sciences 2014 112 4 1232-1237. [M]. 2019 163-169.

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