

超神奇！从睡眠姿势竟能看出你的个性

睡眠姿势和性格特征之间有着微弱的联系（tenuous connection），英国睡眠评定中心曾对“睡姿”专门展开过一项研究，结果表明：

睡姿是极少受意识控制的动作，它所传达出的信息能在某种程度上反映人的心理和健康状态。

今天我们就从睡眠姿势了解自己吧！



[Photo/Pexels]

The Fetal Position “胎儿式”睡姿

The fetal position gets its name from the shape of a baby in the womb.

“胎儿式”得名于婴儿蜷缩在子宫中的样子。

The fetal position is the most common position in the world.

People who sleep in the fetal position tend towards worry and anxiety. They are often shy and sensitive.

“胎儿式”是最常见的睡姿，像胎儿一样睡觉的人容易担心和焦虑。他们通常也很害羞而敏感。

In the fetal position, a sleeper's body is essentially curled up into a ball as they lie on one side with legs and arms bent. This position is commonly assumed by adult sleepers.

该睡姿类似胎儿在母亲腹中的状态，侧躺着，腿和手臂弯曲，身体蜷缩成一个球。这个姿势在成年人中极为常见。

The Starfish Position “海星式”睡姿

When sleeping like a starfish, you lie on your back with arms up near the pillow and legs outstretched.

仰卧，双臂靠近枕头，双腿伸直，像“海星”一样睡觉。

Sleep scientist Idzikowski says starfish sleepers value friendship, and that while they prefer not to be the center of attention, people who sleep in this position are good listeners and quick to help others.

睡眠学家艾德辛科夫斯基说：“‘海星式’睡姿的人很重视友谊，虽然他们不喜欢成为关注的焦点，但他们是很好的倾听者，并且乐于助人。”

If you have a starfish sleeper as a best friend, you're in luck.

Starfish sleepers are great listeners and a source of comfort to others.

如果你最好的朋友有“海星式”睡姿，那么你很幸运，他们是很好的倾听者和安慰者。

The Soldier Position “士兵式”睡姿

In the soldier position, you lie as straight as a soldier stands. The legs are not bent, and your arms lie straight along the sides of your body.

“士兵式”睡姿的人在睡觉时躺得像军人站军姿一样，双腿不弯曲，手臂伸直放在身体两侧。

Soldier sleepers are quiet and reserved, but also hold high standards.

这类人安静而内敛，同时对自我要求很高。

Soldier sleepers do not like to make a big deal out of things.

They are the strong silent type.

他们大多是沉默型人格，不喜欢小题大做。

Sleeping like a soldier can lead to a bad night's sleep. Try using a pillow to support the natural curve of your back.

像军官一样睡觉会导致晚上睡不好，你可以试着用枕头支撑，保持背部的自然曲线。

The Log “木头型” 睡姿

For those who suffer from back pain, the log position could be helpful for you.

对于背部疼痛的人来说，“木头型”睡姿可能会对你有帮助。

While assuming a log position, a sleeper has both their arms and legs extended, so their body is straight like a log.

“木头型”睡姿的人在睡觉时，胳膊和腿都会伸直，所以他们的身体像圆木一样直。

Log sleepers are very trusting, a little naive, but are usually social and easy-going individuals.

“木头型”睡姿的人非常容易相信别人，有点天真，但通常喜欢社交、容易相处。

Idzikowski claims that preferring a log position suggests that a person is sociable and interacts with others easily. While these are attractive traits, he warns that this openness and willingness to trust could make them gullible.

睡眠学家艾德辛科夫斯基称，“木头型”睡姿的人善于交际，喜欢与他人互动。虽然这些特质很吸引人，但这种开放性和容易相信别人的性格容易上当受骗。

The Yearner Position “渴望者” 睡姿

The yearner sleepers look like they're grasping for something.

“渴望者” 睡姿的人看起来像是在抓什么东西。

Their legs and arms are both outstretched, like in the log position. The difference is that instead of being by their sides, their arms extend forward.

他们的腿和胳膊是伸展的，就像“木头型”睡姿一样。但不同的是，“渴望者”睡姿的人手臂不是在身体两侧，而是向前伸展。

People who prefer the yearner position tend to be open, though not as open as those who prefer the log position.

“渴望者”睡姿的人往往是外向型性格，但不如“木头型”开放。

Yearners can also be cynical and suspicious. But, this is a good position to avoid snoring.

“渴望者”睡姿的人可能有些愤世嫉俗和多疑，但这也是一个避免打鼾的好姿势。

The Freefaller “自由落体式”睡姿

In the freefall position, a stomach sleeper has their hands on or around their pillow, with their head turned to one side.

“自由落体式”睡姿的人会将手放在枕头上或枕头周围，头转向一侧。

Freefall sleepers are social and can border on being brash. Deep down, however, they are more sensitive and can become unsettled by criticism or extreme situations.

“自由落体式”睡姿的人喜欢社交，甚至有些自以为是。然而，他们的内心深处其实更加敏感，会因为别人的批评或极端情况而变得不安。

They like to be in control of everything around their life. It's all part of their long periods of indecision, but once they make a choice, they stick to it.

他们喜欢掌控生活中的一切，但也会长期处于犹豫不决的状态，而一旦做出了选择，他们就会坚持下去。

This position can aid in digestion but their sleep is unsteady.

这种睡姿有助于消化，但不利于睡眠稳定。