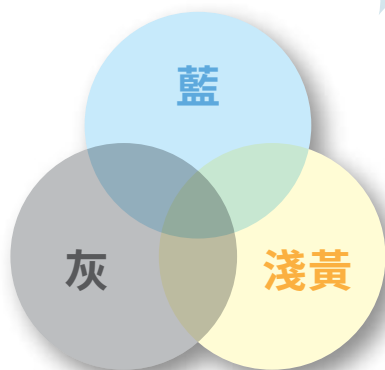


睡房攻略 YOUR IDEAL BEDROOM

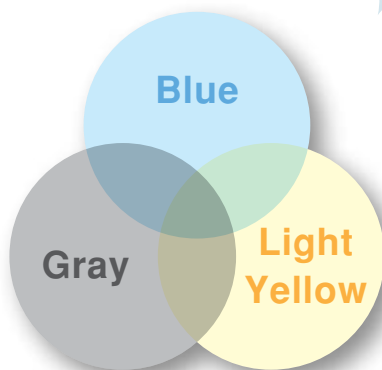


想瞓個好覺？睡房顏色要揀啱！

眼睛視網膜中的神經節細胞（Ganglion Cells）對「藍色」最敏感，神經節細胞是負責將訊息傳遞到大腦，控制及影響您身體的節奏及表現。而藍色給人平靜的感覺，有助於降血壓及心率。如果您不喜歡藍色，您亦可以考慮灰色等冷色調，或淡黃色以營造溫馨舒適的感覺，助您獲得穩定的睡眠。

參考資料：
<https://www.sleep.org/articles/best-colors-for-sleep/>

睡房攻略 YOUR IDEAL BEDROOM



Want to get a good night's sleep? Choose the right color for the bedroom !

Ganglion cells in the retina of the eye are most sensitive to blue colour. Ganglion cells are responsible for transmitting messages to the brain, controlling and affecting the circadian rhythm and performance of the body. Blue colour gives people a calm feeling, which helps to lower blood pressure and heart rate. If you don't like blue, you can also consider cool colors such as grey, or light yellow to create a warm and comfortable feel to help you get a steady sleep.

ref:
<https://www.sleep.org/articles/best-colors-for-sleep/>