

前庭康复：改变生活方式

Vestibular Rehabilitation: Lifestyle Changes (Chinese)

等待医疗就诊时间过长可令人焦虑，因此我们希望为您提供一些信息，以帮助您立即开始康复进程。我们知道，焦虑、压力、睡眠不足、咖啡因或糖分摄入过多、脱水和缺乏身体活动都可能阻碍内耳问题（包括眩晕和耳鸣）的康复进程。不过，许多人发现，简单的改变生活方式可以帮助他们感觉更好。

Long wait times to access medical care can be stressful, so we wanted to provide you with some information that can help you begin the healing process now. We know that anxiety, stress, lack of sleep, too much caffeine or sugar, poor hydration, and lack of physical activity can limit your progress toward recovery from inner ear issues, including dizziness and tinnitus (ringing in your ears). However, many people find that simple lifestyle changes can help them feel better.

因此，我们建议您从今天开始，专注于睡眠、饮食和压力管理方面的生活方式改变。我们知道，一次性做出多个改变可能很困难，因此最好一次专注于 1-2 个领域。我们也会包括一些应对眩晕和耳鸣的建议。

Because of this, we are asking you to make lifestyle changes focused on sleep, diet, and stress starting today. We know it may be hard to make several changes at once, so it may be best for you to focus on just 1-2 areas at a time. We also included some tips for managing dizziness and tinnitus.

我该如何应对眩晕？ How can I manage dizziness?

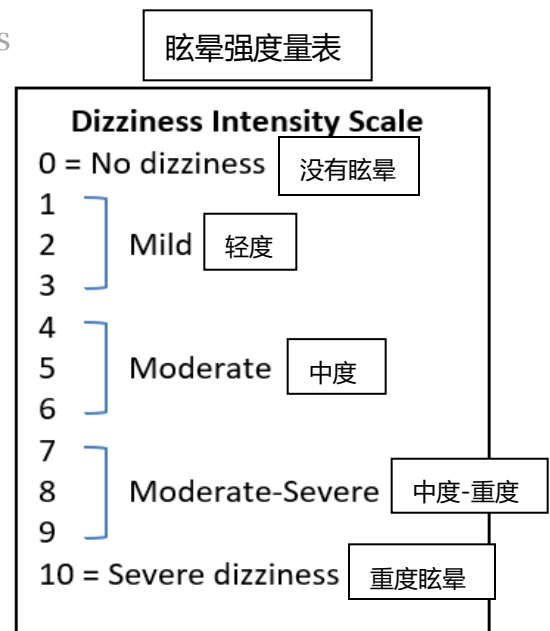
- 当感到眩晕时，想要避免活动是很自然的。然而，限制运动或活动也可导致肌肉僵硬、颈部疼痛、头痛和全身疲劳（疲倦）。您的精力水平可能会下降，难以放松。重要的是要知道，活动实际上可以帮助您康复！通过慢慢增加运动活动量，大脑将弥补（或代偿）内耳问题。

It is natural to want to avoid movement when you are dizzy. However, limiting movement or activity can also cause muscle stiffness, neck pain, headache, and overall fatigue (tiredness). Your energy level may decrease, and you may have trouble relaxing. It's important to know that movement can actually help heal you! By slowly increasing your movement and activity, your brain will make up for (or compensate for) an inner ear problem.

- 当感到眩晕时，以下方法可能有所帮助：深呼吸、放松肩膀，以及双脚与地面接触，持续几分钟。 When you have dizziness, some things that can help include taking a deep breath, relaxing your shoulders, and grounding yourself through your feet for a few minutes.
- 我们建议使用 10 分制来评估眩晕程度，以帮助您在活动过程中控制眩晕的强度。

We recommend that you rate your dizziness on a 10-point scale to help you control the intensity of your dizziness during activities.

- 进行引起轻度到中度眩晕的活动是可以的（即评分最多到 4-6 分）。
- It is okay to do activities that bring on mild to moderate dizziness, (so up to a 4-6 level).



- 任何眩晕或恶心的感觉在停止活动后应在几分钟内恢复到基线（正常）水平。 Any feelings of dizziness or nausea should return to your baseline (normal) level within a few minutes of stopping the activity.
- 如果出现更强烈的眩晕，或在停止活动后眩晕持续超过几分钟，下次进行该活动时可以做出以下调整：

If you experience higher intensity dizziness, or if your dizziness continues for more than a few minutes after stopping the activity, you can make one of these changes the next time you do the activity:

- 降低活动的速度。 Decrease the speed of the activity.
- 减少动作幅度。 Do the activity with less motion.
- 减少活动重复次数。 Decrease the number of times you repeat the activity.
- 虽然运动有助于康复，但保持日常活动和休息时间的平衡是很重要的。

While movement will help you heal, it is important to balance your day with activity and rest periods.

我该如何应对耳鸣？ How can I manage tinnitus?

- 置身于声音丰富的环境中可以帮助您减少对耳鸣的注意。可以考虑用不同的方法来添加柔和的背景声音，例如： Being in a rich sound environment can help you notice your tinnitus less. Consider different ways you can add soft volume background sound, such as:
 - 播放音乐 Playing music
 - 风扇噪音 Fan noise

- 智能手机声音生成应用程序，例如应用程序 Resound Tinnitus Relief

(resound.com/en-gb/hearing-aids/apps/relief)或 Widex Zen

(widexpro.com/en-us/business-support/tinnitus-solutions)

Smartphone sound generator apps, such as the Resound Tinnitus Relief app (resound.com/en-gb/hearing-aids/apps/relief) or the Widex Zen app (widexpro.com/en-us/business-support/tinnitus-solutions)

- 目的是将耳鸣声与其他声音混合，使其不那么明显，但并非完全掩盖。在使用其他掩盖音时，确保仍能听到耳鸣声，以此来找到您的“混合点”。

The goal is to blend your tinnitus with other sounds so that it is less noticeable, but not to cover it up completely. Find your “mixing point” by making sure you can still hear your tinnitus when using other masking sounds.

- 更多应对耳鸣的信息，请阅读此在线手册：vestibular.org/wp-content/uploads/2020/08/Tinnitus-Coping-Strategies_108.pdf

For more information on managing tinnitus, read this online handout: vestibular.org/wp-content/uploads/2020/08/Tinnitus-Coping-Strategies_108.pdf

该做出哪些生活方式的改变，能让我感觉更好？

What are some lifestyle changes I can make to feel better?

保证良好的睡眠 Get good sleep

- 尽量每晚 7-8 小时无中断的睡眠。

Try to get 7-8 hours of uninterrupted sleep each night.

- 每天同一时间上床睡觉和起床。

Go to bed and get up around the same time each day.

- 睡前 1 小时避免使用电子屏幕（看手机或电脑）。 Avoid screen time (looking at your phone or computer screen) 1 hour before bedtime.
- 进行引导冥想、呼吸练习或声音疗法，以帮助睡前放松。

Do guided meditation, breathing exercises, or sound therapy to help you relax before bedtime.

遵循健康饮食饮水习惯

Follow healthy eating and drinking habits

- 限制咖啡、茶和软饮料每天不超过 8 盎司。

Limit coffee, tea, and soft drinks to no more than 8 ounces (oz) each day.

- 中午（12:00 PM）后避免饮用或食用含咖啡因的饮品或食物，以免影响睡眠。

Avoid drinking or eating anything with caffeine after noon (12:00 PM) so it does not affect your sleep.

- 避免饮酒，因为酒精会对内耳液体产生不良影响。

Avoid alcohol, as it can have a bad effect on your inner ear fluid.

- 每天饮用 48-64 盎司水以保持充足水分。大约是半加仑，或 3-4 瓶标准规格的瓶装水。

Drink 48-64 oz of water each day to stay well hydrated. This is about a half gallon, or 3-4 standard size bottles of water.

- 每天吃 4-5 顿较小份的健康餐，包括蔬菜、水果和蛋白质。这包括诸如希腊酸奶、豆类、鹰嘴豆泥、鸡蛋、鱼或鸡肉等食物。 Eat 4-5 smaller healthy meals each day which include vegetables, fruits, and protein. This may include foods like Greek yogurt, beans, hummus, eggs, fish, or chicken.

- 避免摄入过多的糖或盐。

Avoid eating and drinking too much sugar or salt.

- 避免使用人造甜味剂，如阿斯巴甜。

Avoid artificial sweeteners like aspartame.

- 如果有恶心症状： If you have issues with nausea:

- 采用少量多餐的清淡饮食，如 BRAT 饮食（香蕉、米饭、苹果泥、烤面包片）。 Eat small, frequent, bland meals, like the BRAT diet (Bananas, Rice, Applesauce, Toast).

- 尝试饮用姜茶或薄荷茶。

Try drinking ginger or peppermint tea.

- 如果开始感到恶心，可将冷敷袋放在脖子后面冷敷 10 分钟。

If you start to feel nauseous, try placing a cold pack on the back of your neck for 10 minutes.

坚持每天锻炼 Get daily exercise

- 我们建议进行每日步行计划。让家人或朋友同行，这样您可以专注于保持放松。

We recommend doing a daily walking program. Have a family or friend join you so you can focus on staying relaxed.

- 开始每天步行 2 次，每次 5-10 分钟，逐渐增加到每天走 20-30 分钟，视个人能力而定。 Start by walking 5-10 minutes twice per day, and slowly increase to walking 20-30 minutes every day as you're able.
- 设定适合自己的小目标。记录步行日志，写下步行时间以及时长。

Set small goals that work for you. Keep a walking log to record when and how long you walk.

- 当走路逐渐轻松自如时，确保在走路时环顾四周并移动头部。

As you become more comfortable walking, be sure to look around and move your head during your walks.

了解和管理药物 Understand and manage your medications

- 与您的医生交谈，以更好地理解您正服用的每种药物的目的。

Talk with your doctor to get a better understanding of the purpose of each of the medications you are taking.

- 避免服用美克利嗪（也称为 Dramamine®, Antivert®, or Bonine®），这可能会限制您康复的能力。Avoid taking meclizine (also known as Dramamine®, Antivert®, or Bonine®), which can limit your ability to heal.

限制或戒烟 Limit or quit smoking

对于吸烟者，治疗眩晕和耳鸣的效果较差。如果您吸烟，我们建议你尽量限制吸烟或戒烟。Treatments for dizziness and tinnitus are less effective for active smokers. If you are a smoker, we recommend that you try to limit your smoking or quit smoking.

管理压力和焦虑情绪 Manage feelings of stress and anxiety

- 在需要时主动寻求并接受帮助。Ask for and accept help when you need it.
- 尝试深呼吸练习、接地法或其他放松技巧，以帮助控制焦虑。

Try deep breathing exercises, grounding, or other relaxation techniques to help keep your anxiety under control.

- 寻求专业人士、家人和朋友的社会支持。

Seek out social support from professionals, family, and friends.

- 考虑加入支持小组或与心理学家或咨询师合作。 Think about joining a support group or working with a psychologist or counselor.

管理压力和焦虑的在线资源	
网站 TherapistAid.com 《放松技巧》手册： TherapistAid.com/worksheets/relaxation-techniques	
通过 Psychology Today 网站查找治疗师或社工： PsychologyToday.com/us	
通过前庭疾病协会（Vestibular Disorders Association）找到支持小组： Vestibular.org/article/coping-support/support-groups	

Online resources for managing stress and anxiety	
“Relaxation Techniques” handout from TherapistAid.com: TherapistAid.com/worksheets/relaxation-techniques	
Find a therapist or social worker through Psychology Today: PsychologyToday.com/us	
Find a support group through the Vestibular Disorders Association: Vestibular.org/article/coping-support/support-groups	

在实施小改变的过程当中，要对自己有耐心

Be patient with yourself as you make small changes

- 请记住，养成新习惯需要时间。有些日子您可能没有那么有动力去改善生活方式行为。这也是形成新习惯的正常过程。

Keep in mind that it takes time to build up new habits. Some days you may not feel as motivated to work on improving your lifestyle behaviors as others. That is part of the normal process of forming new habits.

- 尽量每周为上述每个生活方式改变领域设定一个小目标。例如，如果您的目标是每天喝 4 瓶水，可以先设定每天喝 2 瓶或 3 瓶水的较小目标。

Try to make a small goal each week for each of the lifestyle change areas mentioned above. For example, if your goal is to drink 4 bottles of water a day, you could start with the smaller goal of drinking 2 or 3 bottles of water a day.

- 请记住，生活方式行为开始改善后，症状减轻也需要时间来显现。请尽力保持专注于计划！ Remember that it also takes time to notice decreased symptoms after you begin improving your lifestyle behaviors. Do your best to stay focused on the plan!

一旦注意到这些变化带来的好处，我们希望您能终生保持良好的生活方式！

We hope that once you notice the benefits of the changes, you will continue to maintain good lifestyle behaviors for a lifetime!

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