

十个古代中国晚间家庭习惯

10 Ancient Chinese Evening Household Habits

— 一份关于传统中国晚间生活方式的文化指南 —

A Cultural Guide to Traditional Chinese Evening Routines

Folk Calm · Cultural Archive

本档仅供文化记录之用，不构成任何专业建议。

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本指南记录了 10 个在中国家庭中流传数百乃至数千年的晚间习惯。所有内容基于历史文献和民间口述传统，仅供文化兴趣，不构成任何专业建议。如有任何疑问，请咨询相关专业人士。

艾草温水泡脚

Mugwort Foot Soak

将干燥艾草放入温水中浸泡双脚，是中国家庭流传最广的晚间习惯之一。艾草的清香在热气中弥漫，温暖从脚底缓缓上升，标记着一天劳作的结束。这个习惯可追溯至明代（1368–1644年）的家庭记录。

Dried mugwort steeped in warm water for a foot soak — one of the most widespread evening habits in Chinese homes. The herb's fragrance rises with the steam, warmth climbs slowly from the soles, marking the end of a day's work. Traced to Ming Dynasty household records.

材料 · Materials

- 干燥艾草（厨房常备）

Dried mugwort (kitchen staple)

- 宽口木盆或塑料盆

Wide wooden or plastic basin

- 温水（用手腕内测试温）

Warm water (test on inner wrist)

- 毛巾和棉袜

Towel and cotton socks

步骤 · Steps

1. 用清水轻轻冲洗艾草，拍干表面灰尘。

Rinse mugwort gently; pat dry.

2. 将温水注入盆中，放入一小把艾草，搅拌至水色微黄、清香散出。

Pour warm water into basin; add a small handful of mugwort.

3. 双脚缓慢放入水中，脚趾保持自由活动。

Lower feet slowly; keep toes free to wiggle.

4. 初次浸泡建议不超过十分钟，之后根据感受调整。

First session: under 10 minutes; adjust next time.

5. 仔细擦干双脚，尤其是脚趾之间。

Dry carefully, especially between toes.

□ 水温不宜过高，以免烫伤皮肤。孕妇、皮肤破损者应先咨询专业人士。

姜枣热茶

Ginger & Date Warm Tea

几片新鲜生姜和几颗红枣放入热水中浸泡，是中国家庭饭后最常见的饮品。不需要精确的配方——一个拇指大小的姜块、一小把红枣，就是全部。这个习惯跨越了两千多年的历史，从汉代开始就在中国厨房中流传。

A few slices of fresh ginger and a handful of red dates steeped in hot water — the most common after-meal drink in Chinese homes. No precise recipe needed. This habit spans over 2,000 years, circulating in Chinese kitchens since the Han Dynasty.

材料 · Materials

- 新鲜生姜（拇指大小一段）

Fresh ginger (thumb-sized piece)

- 干红枣 4–6 颗

Dried red dates, 4–6 pcs

- 冰糖或蜂蜜（可选）

Rock sugar or honey (optional)

- 热水

Hot water

步骤 · Steps

1. 生姜洗净后切薄片，无需去皮。

Wash ginger; slice thinly, no need to peel.

2. 红枣冲洗干净，硬的可剪开以便入味。

Rinse dates; snip open if very hard.

3. 将姜片 and 红枣放入杯中或小锅中。

Place ginger and dates in cup or pot.

4. 注入热水，浸泡 5–10 分钟。

Pour hot water; steep 5–10 minutes.

5. 慢慢啜饮，可根据口味添加冰糖或蜂蜜。

Sip slowly; add sugar or honey to taste.

□ 生姜可能引起部分人胃部不适，如有不适应停止饮用。服用抗凝血药物者应咨询医生。

粗盐热敷袋

Coarse Salt Warm Pack

将粗盐在干锅中翻炒至温热，装入棉布袋中，敷在酸痛的肩膀或冰冷的膝盖上——这是中国祖母们最常用的简易热敷法。粗盐晶体能均匀持热 20–30 分钟，是家庭中最经济实惠的取暖方式之一。

Pan-toast coarse salt until warm, pour into a cotton bag, and place on a stiff shoulder or cold knees — grandmother's simplest heat therapy. Coarse salt crystals retain heat evenly for 20–30 minutes, making it one of the most economical household warmth tools.

材料 · Materials

- 粗海盐约 500 克

Coarse sea salt, ~500g

- 棉布袋 (约 20×15 厘米)

Cotton cloth bag (~20×15 cm)

- 铸铁或不锈钢锅

Cast-iron or stainless steel pan

- 木勺

Wooden spoon

步骤 · Steps

1. 将粗盐倒入干燥的锅中。

Pour coarse salt into dry pan.

2. 中火翻炒 3–5 分钟，至盐粒微微发烫、发出轻微噼啪声。

Stir over medium-low heat for 3–5 minutes.

3. 离火冷却 30–60 秒。

Remove from heat; cool 30–60 seconds.

4. 将温热的盐倒入布袋，装至七分满。

Pour warm salt into cloth bag, fill ~70%.

5. 封口后敷于需要温暖的部位，每次 15–20 分钟。

Seal and apply to desired area for 15–20 minutes.

□ 使用前务必在手腕内测试温。不可用于破损皮肤。糖尿病患者及皮肤感觉减退者应先咨询专业人士。

白米粥暖胃

Plain Rice Congee

一碗白粥，是中国家庭中最简单的食物，却出现在早餐桌、病床旁和深夜书桌前。大米和水，小火慢炖至米粒消融——不需要任何技巧，只需要时间和耐心。这个习惯在中国有超过两千年的历史，是“最温柔的安慰”。

A bowl of plain rice congee — the simplest dish in the Chinese kitchen, yet it appears at breakfast tables, sickbeds, and late-night study desks. Rice and water, simmered slowly until the grains surrender their shape. Over 2,000 years of history as "the gentlest comfort."

材料 · Materials

- 白米 (短粒或中粒)

White rice (short or medium grain)

- 清水 (米量的 8–12 倍)

Water (8–12× rice volume)

- 厚底锅或电饭煲

Heavy-bottomed pot or rice cooker

- 木勺

Wooden spoon

步骤 · Steps

1. 将米用清水淘洗 1–2 次，沥干。

Rinse rice 1–2 times; drain.

2. 米和水放入锅中，大火煮沸。

Combine rice and water in pot; bring to boil.

3. 转最小火，偶尔搅拌以防粘底。

Reduce to lowest simmer; stir occasionally.

4. 慢煮 45 分钟至 2 小时，越久越绵滑。

Cook 45 min – 2 hrs; longer = smoother.

5. 关火后可加少许盐调味，或配小菜食用。

Season lightly or serve with side dishes.

□ 刚煮好的粥温度很高，食用前请稍等片刻。需控制碳水摄入者应咨询营养师。

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睡前梳头一百下

Hundred Brushstrokes Before Bed

古人云：“头是诸阳之会”。晚间用木梳或牛角梳从头前向后梳头一百下，是中国流传最广的睡前习惯之一。这个动作不需要任何花费，却能让头皮微微发热，帮助人从一天的忙碌中安静下来，进入睡眠的准备状态。

Ancient wisdom says: "The head is the meeting point of all yang energies." Brushing the hair from front to back one hundred times before bed is one of the most widespread pre-sleep habits in China. It costs nothing, gently warms the scalp, and helps transition from a busy day into a restful state.

材料 · Materials

- 木梳或牛角梳（宽齿为佳）

Wooden or horn comb (wide-tooth preferred)

- 安静的房间

A quiet room

- 5-10 分钟时间

5-10 minutes

步骤 · Steps

1. 坐姿舒适，身体放松。

Sit comfortably; relax your body.

2. 从额头前方开始，梳子贴着头皮向后梳理。

Start from the front hairline; comb backward along the scalp.

3. 力度适中，不要拉扯头发。

Use moderate pressure; never pull.

4. 每次梳理从头顶到后脑勺为一下。

One stroke = front to back of head.

5. 重复一百下，约需 5-8 分钟。

Repeat 100 times (~5-8 minutes).

□ 头皮有伤口或炎症时应暂停。头发打结时应先轻轻解开，避免用力拉扯。

热水泡手暖身

Warm Hand Soak

在寒冷的冬夜，用一盆热水浸泡双手是中国北方家庭常见的晚间习惯。双手浸入热水中，十指微微发红，寒意从指尖慢慢消散。许多家庭会在水中加入几片生姜或少许食盐，让温暖的感觉更加持久。

On cold winter nights, soaking both hands in a basin of warm water is a common evening habit in northern Chinese homes. Hands turn slightly pink as the cold dissipates from the fingertips. Many families add ginger slices or a pinch of salt for longer-lasting warmth.

材料 · Materials

- 盆或大碗

Basin or large bowl

- 热水（手腕试温）

Warm water (test on wrist)

- 毛巾

Towel

- 可选：生姜片或食盐

Optional: ginger slices or salt

步骤 · Steps

1. 将热水注入盆中，温度以手腕内侧感觉舒适为宜。

Fill basin with comfortably warm water.

2. 可选：加入几片生姜或一小勺食盐。

Optionally add ginger slices or a pinch of salt.

3. 双手浸入水中，手指自然张开。

Submerge both hands; spread fingers naturally.

4. 浸泡 5–10 分钟，至双手微红发热。

Soak for 5–10 minutes until hands feel warm.

5. 擦干双手，涂少许护手霜。

Dry thoroughly; apply hand cream if desired.

□ 水温不宜过高。手部有冻疮或皮肤破损时应暂停。糖尿病患者因感觉减退需格外注意水温。

晚间揉腹安神

Gentle Abdominal Massage

睡前平躺，双手叠放在腹部，以肚脐为中心顺时针轻柔揉动，是中国传统的养生习惯之一。这个动作简单温和，不需要任何工具，许多中国家庭从小就会看祖辈在睡前做这个动作，认为它能帮助消化、安定心神。

Lying flat before sleep, hands stacked on the abdomen, gently circling clockwise around the navel — a traditional Chinese wellness habit. Simple and tool-free, many Chinese children grow up watching grandparents perform this ritual before bed.

材料 · Materials

- 舒适的床铺

A comfortable bed

- 5–10 分钟安静时间

5–10 minutes of quiet time

步骤 · Steps

1. 仰卧平躺，全身放松。

Lie flat on your back; relax completely.

2. 双手叠放于肚脐上方。

Stack both hands above the navel.

3. 以肚脐为中心，顺时针方向缓慢画圈揉动。

Circle slowly in a clockwise direction around the navel.

4. 力度轻柔，以皮肤微微发热为度。

Use gentle pressure until skin feels slightly warm.

5. 持续 5–10 分钟，配合深呼吸。

Continue for 5–10 minutes with deep breathing.

□ 饭后一小时内不宜进行。腹部有伤口、炎症或术后恢复期应避免。孕妇应咨询医生。

睡前热水擦浴

Warm Cloth Wipe-Down

在没有淋浴条件的年代，中国家庭普遍用热水浸湿毛巾，拧至半干后擦拭全身，作为睡前的清洁仪式。即使在现代，许多中国老人仍然保持着这个习惯——一条温热的毛巾，从脸到脚，慢慢擦拭，既是清洁，也是放松。

Before showers became universal, Chinese families commonly used a warm damp towel to wipe down the body before bed. Even today, many Chinese elders keep this ritual — a warm towel slowly drawn from face to feet is both cleansing and calming.

材料 · Materials

- 干净毛巾

Clean towel

- 温水盆

Basin of warm water

- 干净衣物

Clean sleepwear

步骤 · Steps

1. 将毛巾浸入温水中，充分浸湿。

Soak towel fully in warm water.

2. 拧至半干（不滴水即可）。

Wring out until damp (not dripping).

3. 从面部开始，沿颈部、手臂、躯干、双腿依次擦拭。

Wipe from face → neck → arms → torso → legs.

4. 擦拭时力度轻柔，皮肤微红即可。

Use gentle pressure; skin should be slightly pink.

5. 换上干净睡衣，准备入睡。

Change into clean sleepwear; prepare for bed.

□ 水温不宜过高。皮肤有湿疹或敏感时应使用温水而非热水。冬季注意室内保暖，避免受凉。

睡前读书静心

Bedtime Reading for Calm

睡前阅读是中国文人阶层的传统习惯，后来逐渐普及到普通家庭。古人认为晚间读书可以“收敛心神”，帮助从白日的喧嚣中抽离。在烛光或油灯下翻开一卷书，是中国古代夜晚最宁静的画面之一。

Bedtime reading was a tradition among Chinese scholars that gradually spread to ordinary households. Ancient wisdom held that evening reading "gathers the scattered mind" and helps transition from the day's noise. Unrolling a scroll by candlelight is one of the most tranquil images of ancient Chinese nights.

材料 · Materials

- 一本轻松的书籍

A light, enjoyable book

- 柔和的灯光

Soft lighting

- 舒适的坐姿或卧姿

Comfortable sitting or lying position

步骤 · Steps

1. 选择内容轻松的书籍，避免过于刺激的内容。

Choose light, relaxing reading material.

2. 调暗灯光至柔和程度。

Dim the lights to a soft glow.

3. 以舒适的姿势坐下或半躺。

Sit or recline comfortably.

4. 阅读 15–30 分钟，不必追求进度。

Read for 15–30 minutes; no need to rush.

5. 感到困倦时合上书本，关灯入睡。

Close the book when drowsy; turn off lights.

□ 避免使用电子设备的背光阅读，蓝光可能影响睡眠质量。纸质书是最佳选择。

A Cup of Warm Water Before Bed

睡前喝一杯温水，是中国家庭中最简单也最普遍的晚间习惯。不需要任何准备，只需要一个水杯和一杯温度适中的白开水。许多中国人从小就被长辈教导："睡前一杯水，清晨一杯水"，认为这是最基本的日常养生之道。

A cup of warm water before bed — the simplest and most universal evening habit in Chinese homes. No preparation needed, just a glass and comfortably warm water. Many Chinese people are taught from childhood: "One cup before bed, one cup upon waking" as the most basic daily principle.

材料 · Materials

- 干净的水杯

A clean glass

- 温水（不烫嘴为宜）

Warm water (comfortably warm, not hot)

步骤 · Steps

1. 将水加热至温热（约 40–50°C），以口感舒适为准。

Heat water to warm (about 40–50°C / 100–120°F).

2. 倒入杯中，约 150–200 毫升。

Pour about 150–200 ml into a glass.

3. 小口慢慢饮用，不要一口气喝完。

Sip slowly; do not gulp.

4. 饮完后可轻轻漱口。

Optionally rinse your mouth afterward.

5. 准备入睡。

Prepare for sleep.

□ 不要喝太多，以免夜间频繁起夜影响睡眠。有夜间饮水限制的疾病患者应遵医嘱。

《黄帝内经·素问》曰："起居有常，不妄作劳，故能形与神俱，而尽终其天年。"

— 出自《黄帝内经·素问·上古天真论》

The Huangdi Neijing advises: "Keep regular daily life and do not overstrain, so that body and spirit remain together throughout the full span of years."

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