

14 声音广告

从减少“非必要熬夜”做起

画外音



餐饮安心码

“扫一扫”就能看到食品安全情况,实现“码上举报投诉”;省、州(市)、县三级市场监管部门,均可通过系统进行监管。云南省市场监管局创新监管举措,打造“餐饮安心码”平台,为每个餐饮商家生成专属二维码作为电子身份档案,引导消费者“扫码评食安”。

我也说两句

3月21日是世界睡眠日。中国睡眠研究会等机构日前发布的《2021年运动与睡眠白皮书》显示,当下我国有超3亿人存在睡眠障碍。一项对2002名18岁至35岁青年进行睡眠相关问题的调查显示,近六成(59.5%)受访者习惯晚睡,入睡时间均在23点以后。同时,受访数据显示,睡眠质量差同时也带来了“易感到疲劳困倦”“注意力难集中”“头晕、内分泌紊乱等身体问题”“情绪不稳定,易烦躁、焦虑”“记忆力减退”等影响。

远,一生只够爱一个人”的回忆。其实睡眠差带来的最大问题,在于它会对人体机能产生持续和不可逆的影响,并由此带来一系列健康问题。对于今天的人来说,睡眠差主要是熬夜的问题,很多人可能忽视了熬夜的“熬”,也是煎熬的“熬”,它是对身心的长期透支和摧残。大量病例研究证明,与长期熬夜伴随的是癌症风险高、心脑血管病风险高、诱发糖尿病、引发神经衰弱、影响生育能力、伤害眼睛、免疫力下降、引发胃肠病、抑郁情绪多等可怕结果。

熬夜的原因十分复杂,有些熬夜没有办法避免,但有些熬夜则是非必要,所以现在我们需要的就是尽量减少“非必要熬夜”。有些熬夜完全是自身原因。比如,很多人睡觉前都会玩一会儿手机,有的可能只想刷10分钟短视频,可在不知不觉当中,一两个小时甚至更长时间就过去了。即便窗外出现了鱼肚白,身体已经十分疲惫,还是拿着手机,纵情于娱乐之中。有人提出睡个好觉先从把手机带进卧室做起,这很有道理。对于大多数人来说,自制力远没有想象中那么强,不能做到充分自制,那么就把一些App卸载掉,甚至于把手机扔在一边,反而成了最好选择。

驱动力来自工作。有些加班族迫不得已需要熬夜加班,但我们真正需要思考的是,当前加班文化有没有泛滥乃至被扭曲的一面?一些工作有没有必要天天加班、长时间加班?有不少人虽然不是每天加班,但是不在加班时也依然要保持“在线”,哪怕到了夜里十一二点。这是一种怎样的职场文化呢?熬夜已经成了睡眠的最大杀手,有些熬夜不可避免,有些熬夜则完全没有必要。那么,让我们从今天开始,从减少“非必要熬夜”做起。这涉及个人、社会、单位,也需要一些市场主体做出思考和调整。因为“人类还没进化到能熬夜的体质”,自然也不能进入到必须熬夜的轨道。

分类广告 省级媒体 权威发布 (周一至周五出刊) 郑重声明:本版各类信息,如要求交付押金或预付款时,务必小心,谨防受骗!否则后果自负。

15548876987 13354476987 0471-6635651 地址:呼和浩特市新华大街61号西护城河巷(原内蒙古日报社西巷)南口北方新报广告接待中心 鄂尔多斯刊登热线:15547716710(微信同号) 地址:东胜区铁西市民中心B座7009 巴彦淖尔刊登热线:18648422888(微信同号) 地址:北环路景辰花园北区北门 微信办理

公告 内蒙古吴祥建设工程有限公司和内蒙古昭君文化研究发展有限公司及相关人员交付呼和浩特市生态建设有限公司行政章一枚,前后从未发生过欠账手续及欠材料事宜,特此声明。

抵押公告 坐落:新城区机场高速公路北,面积:8684.99平方米,G-1区1号楼7-12层;抵押人:内蒙古长融房地产开发有限公司;抵押权人:内蒙古银行呼和浩特分行;贷款金额:2.67亿元;贷款起止时间:2021年3月26日至2023年3月25日;土地证号:蒙(2021)呼和浩特市不动产权第0028717号。特此公告

遗失声明 本人李素花将内蒙古天玺房地产开发有限公司财务专用章的三枚收据丢失,收据编号分别为:0077641,0213222,0210219;金额分别为:2000元,4000元,15190元。现声明作废。本人李素花将内蒙古天玺房地产开发有限公司财务专用章的三枚收据丢失,收据编号分别为:0213222,0210218;金额分别为:4000元,189058元。现声明作废。本人任慧芳将内蒙古天玺房地产开发有限公司财务专用章的三枚收据丢失,收据编号分别为:0213222,0210217,0210219;金额分别为:4000元,15190元,153910元。现声明作废。本人李素花将内蒙古天玺房地产开发有限公司财务专用章的三枚收据丢失,收据编号分别为:0088647,金额389.20元,79.08元。现声明作废。本人李素花将内蒙古天玺房地产开发有限公司财务专用章的三枚收据丢失,收据编号分别为:0213222,0210217,0210219;金额分别为:4000元,15190元,153910元。现声明作废。

不慎将李贵堂(身份证号150202430321151)寄存证去,证号:火字(200765553),寄存格位:B区6805,去世日期2007年11月22日,特此声明。新城区宏福推拉门经销部遗失营业执照正副本,注册号:150196600044104,声明作废。和林格勒县荣峰防水大全经销部遗失营业执照副本,统一信用代码:921501233MA0Q6NBP00,声明作废。今丢失呼和浩特市盛盛房地产开发有限公司2012年11月1日开具收据号为025629,万锦花语岸小区玖珑#2-1-1002号,陈建发,票据金额为6143元,其中:契税金额5680元,房地产经纪手续费金额268元,印花税金5元。房屋所有权登记费90元,他项权登记费金额100元,收据号为0206000,公共维修基金金额为8051元,收据号为025699,产权证服务费300元。特此声明。玉泉区公正诚信税务师登记证正副本,纳税人识别号:150203197409100758,声明作废。呼和浩特市赛罕区福满源香茶庄遗失营业执照正副本,统一信用代码:92150105MA0P96FR1T,声明作废。魏建梅,身份证号152826196206240421,购买呼和浩特玉泉区交警大队东南角和家园小区C区4号楼4单元3层301号房屋购房款收据原件丢失,收据编号0002350,金额210000元。声明作废。包头市春泽电子商务有限公司遗失开户许可证,核准号:J19200112591011,账号:1505011041970000303,开户银行:中国建设银行包头丰泽支行,特此声明。段俊奎与内蒙古吉大房地产开发有限公司签订的《商品房买卖合同》,编号:G6#-F-078,及车位收据,日期2012年11月28日,收据编号0087478,金额125000元,声明作废。蒙浩与内蒙古天玺房地产开发有限公司签订的《商品房买卖合同》,合同编号为YS(2016)0003663,房屋代码为1135132,声明作废。内蒙古泰隆集团股份有限公司开发的呼和浩特市总部大厦3-0715号购房合同原件(合同编号20110118(2))/房款收据3张(编号:0063395,金额3000元;编号:0004354,金额4000元),声明作废。呼和浩特市壹品源酒店有限公司开发的呼和浩特市壹品源酒店,合同编号:1915012318429392,声明作废。家人不慎将李瑛(身份证号15010219621202527)火化证、缴费收据,发票全部原件遗失,声明作废。业务员:高岩不慎遗失投保人王冉婕的华夏人寿保险股份有限公司投保单号:10058679313762,编号:12918000563978的保单,特此声明。呼和浩特市河出行科技有限责任公司呼和浩特市分公司遗失公章一枚,声明作废。

中国太平洋人寿保险股份有限公司呼和浩特市分公司不慎将部分单证遗失,具体名称、号段如下:个险借收收据(代码00549张,0000337134,0000338479,0000338480,0000338492,0000338497,0000338617,0000338619,0000338639,0000339832,0000339912,0000339944,0000339957,0000339983,0000340008,0000340047,0000340069,0000340098,0000340100,0000340102,0000340217,0000340241,0000340243,0000340245,0000340250,0000340284,0000340285,0000340286,0000340291,0000340292,0000340296,0000340297,0000340317,0000340318,0000340336,0000340338,0000340340,0000340341,0000340342,0000340343,0000340344,0000340345,0000340346,0000340347,0000340348,0000340349,0000340350,0000340351,0000340352,0000340353,0000340354,0000340355,0000340356,0000340357,0000340358,0000340359,0000340360,0000340361,0000340362,0000340363,0000340364,0000340365,0000340366,0000340367,0000340368,0000340369,0000340370,0000340371,0000340372,0000340373,0000340374,0000340375,0000340376,0000340377,0000340378,0000340379,0000340380,0000340381,0000340382,0000340383,0000340384,0000340385,0000340386,0000340387,0000340388,0000340389,0000340390,0000340391,0000340392,0000340393,0000340394,0000340395,0000340396,0000340397,0000340398,0000340399,0000340400,0000340401,0000340402,0000340403,0000340404,0000340405,0000340406,0000340407,0000340408,0000340409,0000340410,0000340411,0000340412,0000340413,0000340414,0000340415,0000340416,0000340417,0000340418,0000340419,0000340420,0000340421,0000340422,0000340423,0000340424,0000340425,0000340426,0000340427,0000340428,0000340429,0000340430,0000340431,0000340432,0000340433,0000340434,0000340435,0000340436,0000340437,0000340438,0000340439,0000340440,0000340441,0000340442,0000340443,0000340444,0000340445,0000340446,0000340447,0000340448,0000340449,0000340450,0000340451,0000340452,0000340453,0000340454,0000340455,0000340456,0000340457,0000340458,0000340459,0000340460,0000340461,0000340462,0000340463,0000340464,0000340465,0000340466,0000340467,0000340468,0000340469,0000340470,0000340471,0000340472,0000340473,0000340474,0000340475,0000340476,0000340477,0000340478,0000340479,0000340480,0000340481,0000340482,0000340483,0000340484,0000340485,0000340486,0000340487,0000340488,0000340489,0000340490,0000340491,0000340492,0000340493,0000340494,0000340495,0000340496,0000340497,0000340498,0000340499,0000340500,0000340501,0000340502,0000340503,0000340504,0000340505,0000340506,0000340507,0000340508,0000340509,0000340510,0000340511,0000340512,0000340513,0000340514,0000340515,0000340516,0000340517,0000340518,0000340519,0000340520,0000340521,0000340522,0000340523,0000340524,0000340525,0000340526,0000340527,0000340528,0000340529,0000340530,0000340531,0000340532,0000340533,0000340534,0000340535,0000340536,0000340537,0000340538,0000340539,0000340540,0000340541,0000340542,0000340543,0000340544,0000340545,0000340546,0000340547,0000340548,0000340549,0000340550,0000340551,0000340552,0000340553,0000340554,0000340555,0000340556,0000340557,0000340558,0000340559,0000340560,0000340561,0000340562,0000340563,0000340564,0000340565,0000340566,0000340567,0000340568,0000340569,0000340570,0000340571,0000340572,0000340573,0000340574,0000340575,0000340576,0000340577,0000340578,0000340579,0000340580,0000340581,0000340582,0000340583,0000340584,0000340585,0000340586,0000340587,0000340588,0000340589,0000340590,0000340591,0000340592,0000340593,0000340594,0000340595,0000340596,0000340597,0000340598,0000340599,0000340600,0000340601,0000340602,0000340603,0000340604,0000340605,0000340606,0000340607,0000340608,0000340609,0000340610,0000340611,0000340612,0000340613,0000340614,0000340615,0000340616,0000340617,0000340618,0000340619,0000340620,0000340621,0000340622,0000340623,0000340624,0000340625,0000340626,0000340627,0000340628,0000340629,0000340630,0000340631,0000340632,0000340633,0000340634,0000340635,0000340636,0000340637,0000340638,0000340639,0000340640,0000340641,0000340642,0000340643,0000340644,0000340645,0000340646,0000340647,0000340648,0000340649,0000340650,0000340651,0000340652,0000340653,0000340654,0000340655,0000340656,0000340657,0000340658,0000340659,0000340660,0000340661,0000340662,0000340663,0000340664,0000340665,0000340666,0000340667,0000340668,0000340669,0000340670,0000340671,0000340672,0000340673,0000340674,0000340675,0000340676,0000340677,0000340678,0000340679,0000340680,0000340681,0000340682,0000340683,0000340684,0000340685,0000340686,0000340687,0000340688,0000340689,0000340690,0000340691,0000340692,0000340693,0000340694,0000340695,0000340696,0000340697,0000340698,0000340699,0000340700,0000340701,0000340702,0000340703,0000340704,0000340705,0000340706,0000340707,0000340708,0000340709,0000340710,0000340711,0000340712,0000340713,0000340714,0000340715,0000340716,0000340717,0000340718,0000340719,0000340720,0000340721,0000340722,0000340723,0000340724,0000340725,0000340726,0000340727,0000340728,0000340729,0000340730,0000340731,0000340732,0000340733,0000340734,0000340735,0000340736,0000340737,0000340738,0000340739,0000340740,0000340741,0000340742,0000340743,0000340744,0000340745,0000340746,0000340747,0000340748,0000340749,0000340750,0000340751,0000340752,0000340753,0000340754,0000340755,0000340756,0000340757,0000340758,0000340759,0000340760,0000340761,0000340762,0000340763,0000340764,0000340765,0000340766,0000340767,0000340768,0000340769,0000340770,0000340771,0000340772,0000340773,0000340774,0000340775,0000340776,0000340777,0000340778,0000340779,0000340780,0000340781,0000340782,0000340783,0000340784,0000340785,0000340786,0000340787,0000340788,0000340789,0000340790,0000340791,0000340792,0000340793,0000340794,0000340795,0000340796,0000340797,0000340798,0000340799,0000340800,0000340801,0000340802,0000340803,0000340804,0000340805,0000340806,0000340807,0000340808,0000340809,0000340810,0000340811,0000340812,0000340813,0000340814,0000340815,0000340816,0000340817,0000340818,0000340819,0000340820,0000340821,0000340822,0000340823,0000340824,0000340825,0000340826,0000340827,0000340828,0000340829,0000340830,0000340831,0000340832,0000340833,0000340834,0000340835,0000340836,0000340837,0000340838,0000340839,0000340840,0000340841,0000340842,0000340843,0000340844,0000340845,0000340846,0000340847,0000340848,0000340849,0000340850,0000340851,0000340852,0000340853,0000340854,0000340855,0000340856,0000340857,0000340858,0000340859,0000340860,0000340861,0000340862,0000340863,0000340864,0000340865,0000340866,0000340867,0000340868,0000340869,0000340870,0000340871,0000340872,0000340873,0000340874,0000340875,0000340876,0000340877,0000340878,0000340879,0000340880,0000340881,0000340882,0000340883,0000340884,0000340885,0000340886,0000340887,0000340888,0000340889,0000340890,0000340891,0000340892,0000340893,0000340894,0000340895,0000340896,0000340897,0000340898,0000340899,0000340900,0000340901,0000340902,0000340903,0000340904,0000340905,0000340906,0000340907,0000340908,0000340909,0000340910,0000340911,0000340912,0000340913,0000340914,0000340915,0000340916,0000340917,0000340918,0000340919,0000340920,0000340921,0000340922,0000340923,0000340924,0000340925,0000340926,0000340927,0000340928,0000340929,0000340930,0000340931,0000340932,0000340933,0000340934,0000340935,0000340936,0000340937,0000340938,0000340939,0000340940,0000340941,0000340942,0000340943,0000340944,0000340945,0000340946,0000340947,0000340948,0000340949,0000340950,0000340951,0000340952,0000340953,0000340954,0000340955,0000340956,0000340957,0000340958,0000340959,0000340960,0000340961,0000340962,0000340963,0000340964,0000340965,0000340966,0000340967,0000340968,0000340969,0000340970,0000340971,0000340972,0000340973,0000340974,0000340975,0000340976,0000340977,0000340978,0000340979,0000340980,0000340981,0000340982,0000340983,0000340984,0000340985,0000340986,0000340987,0000340988,0000340989,0000340990,0000340991,0000340992,0000340993,0000340994,0000340995,0000340996,0000340997,0000340998,0000340999,0000341000,0000341001,0000341002,0000341003,0000341004,0000341005,0000341006,0000341007,0000341008,0000341009,0000341010,0000341011,0000341012,0000341013,0000341014,0000341015,0000341016,0000341017,0000341018,0000341019,0000341020,0000341021,0000341022,0000341023,0000341024,0000341025,0000341026,0000341027,0000341028,0000341029,0000341030,0000341031,0000341032,0000341033,0000341034,0000341035,0000341036,0000341037,0000341038,0000341039,0000341040,0000341041,0000341042,0000341043,0000341044,0000341045,0000341046,0000341047,0000341048,0000341049,0000341050,0000341051,0000341052,0000341053,0000341054,0000341055,0000341056,0000341057,0000341058,0000341059,0000341060,0000341061,0000341062,0000341063,0000341064,0000341065,0000341066,0000341067,0000341068,0000341069,0000341070,0000341071,0000341072,0000341073,0000341074,0000341075,0000341076,0000341077,0000341078,0000341079,0000341080,0000341081,0000341082,0000341083,0000341084,0000341085,0000341086,0000341087,0000341088,0000341089,0000341090,0000341091,0000341092,0000341093,0000341094,0000341095,0000341096,0000341097,0000341098,0000341099,0000341100,0000341101,0000341102,0000341103,0000341104,0000341105,0000341106,0000341107,0000341108,0000341109,0000341110,0000341111,0000341112,0000341113,0000341114,0000341115,0000341116,0000341117,0000341118,0000341119,0000341120,0000341121,0000341122,0000341123,0000341124,0000341125,0000341126,0000341127,0000341128,0000341129,0000341130,0000341131,0000341132,0000341133,0000341134,0000341135,0000341136,0000341137,0000341138,0000341139,0000341140,0000341141,0000341142,0000341143,0000341144,0000341145,0000341146,0000341147,0000341148,0000341149,0000341150,0000341151,0000341152,0000341153,0000341154,0000341155,0000341156,0000341157,0000341158,0000341159,0000341160,0000341161,0000341162,0000341163,0000341164,0000341165,0000341166,0000341167,0000341168,0000341169,0000341170,0000341171,0000341172,0000341173,000034