Sleep in Dream:
Soporific Responses to Depression in

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Victor H. Mair
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Sleep in *Dream*:
Soporific Responses to Depression

Victor H. Mair
University of Pennsylvania

This paper was originally written for the Summer Workshop on *The Dream of the Red Chamber*, held June 16-20, 1980 at Madison, Wisconsin. It was prepared without benefit of computers, electronic data bases, or indices of any sort. The organizer of the conference had kindly offered to publish this little essay in the conference volume, but for years I heard no news from Madison. Eventually (perhaps a decade after the conference), I did hear a rumor that the Chinese papers for the conference had been published in a volume from Hong Kong, and that the conference organizer was still looking for a publisher for the English papers. Another decade passed, and my manuscript gradually became buried under a mass of other books, articles, and teaching materials in my office. It was only this spring (2004), while moving back into my office after a year of renovations and having to go through every single book and folder, that I unexpectedly excavated this old paper. Pleasantly surprised, I reacquainted myself with this product of half-a-year’s research as an assistant professor and came to the conclusion that it might, after all, still be worth sharing with colleagues. Having waited for nearly a quarter century for word from the conference organizer about the fate of the English volume, I fear that I never will. Therefore, before he and I both enter the repose that never ends, I wish to take advantage of this opportunity to thank him for inviting me to the conference and hope that he will not mind that I now make bold to publish “Sleep in *Dream*” in this humble series.
With each rereading of *Dream of the Red Chamber*, I become more and more impressed by the enormous number of references to sleep in it. Some word for resting in bed or sleeping occurs, on the average, on more than half the pages of the book. I know of no parallel to this in Chinese narrative literature and would be hard pressed to name another work in all of world literature that is so preoccupied with the subject. It is impossible that the apparent ubiquity of sleep in the novel could be purely fortuitous. There must be some fundamentally important reason why Ts'ao Hsüeh-ch'ın and his collaborator dwelt upon sleep and its variants so insistently. The purpose of this paper is to discuss the function of the sleep motif in *Dream of the Red Chamber* and to examine its significance for the overall meaning of the novel.

In actuality, sleep does not simply have a single function in the novel. It is seen to have many different aspects and purposes. One character goes to bed because he or she is ill, another avoids going to bed because he or she wishes to avoid becoming ill. A nanny may order her young charge to bed to keep him out of trouble. An old lady may take a nap because she is bored or listless. A maiden may loll about in bed because she feels that, in this manner, she might attract the attention of Pao-yü. Sleep is also employed as a narrative technique to indicate the passage of time. And so on.

By far the most significant role for sleep in *Dream of the Red Chamber*, however, is derived from its conception as the best way to cope with depression. So pervasive, in fact, are the correspondences between sleep and depression in the novel that we must recognize these two phenomena as conjoined elements in a single psychological semioiology. Investigation of Western psychiatric categories has revealed, indeed, that Tai-yü is a classical instance
of a person suffering from severe depression. Ts'ao Hsüeh-ch'ın's description of Tai-yü's behavior (and, to a lesser extent, of that of many other characters in the novel) agrees remarkably well with the categories of symptoms for chronically depressed individuals described in modern psychiatric literature.

In order to understand better the functions of sleep in Dream, we may begin with a brief inquiry into depression as it is viewed by modern Western psychology. By way of preface to this inquiry, the potential fallacy of such an approach needs to be pointed out so that psychology is indeed used to illuminate the novel rather than *vice versa*. We should not for a moment delude ourselves into thinking that Ts'ao Hsüeh-ch'ın or his collaborator had any knowledge of this medical category. It is, furthermore, highly unlikely that contemporary Chinese physicians would have conceived of depression in terms consonant with modern Western psychology. My colleague, Nathan Sivin, has kindly made a survey of several early Chinese texts dealing with the etiology of diseases and has come to the tentative conclusion that *fan-men* (depression) does seem to have become a common word in the medical literature between the Sui and the mid-Sung periods. It appears, however, to be viewed as a symptom rather than a specific disorder itself. There is a particular emphasis in the literature on the occurrence of depression in connection with various disorders relating to childbirth. This emphasis on pre- and postpartum complications is not surprising, however, because that was a major focus of medical attention to women.
Depression may be broadly defined as an emotional state characterized by sadness, inactivity, self-depreciation, introversion, and decreased initiative. Hippocrates (460?-?377 Before International Era) referred to it as melancholia and Aretaeus (fl. 1st-2nd c. B.I.E.) later recognized a similar set of symptoms as constituting an identifiable illness. But it was not until 1883 that Emil Kraepelin first formally described depression in terms that are more or less accepted by psychiatrists and psychologists today. Only recently (in the past few decades) has chronic depression been given much serious attention by medical practitioners and that primarily among professional women in America.

In relatively mild cases, the depressed individual appears to be generally unhappy, pessimistic, and inhibited. Here we may speak of dejection and despondency which are frequent initial reactions to a sense of loss. The patient feels increasingly listless and inadequate and she also becomes more quarrelsome and preoccupied with her own problems. Readers of Dream of the Red Chamber will instantly recognize that this is essentially a clinical description of the path of Tai-yü's neurosis before she succumbs entirely to the degradations of somatic disease. It would be difficult to conceive of a more irritable and self-centered person than Tai-yü, especially after chapter fifty-six.

A group of psychiatrists studying chronic depression recently listed eight symptoms to measure this type of disorder (not all need be present at the same time):

1. loss of appetite or weight loss
2. sleep difficulties including hypersomnia
3. fatigue
4. agitation or retardation
5. loss of interest
6. difficulty in concentration
7. feelings of guilt
8. thought of suicide or wishing to be dead.¹

Many of the characters in Dream display one or more of these symptoms. Accordingly, we may diagnose them as suffering from depression to one degree or another.

It is the second of these eight symptoms that is especially relevant to the present study. Individuals suffering from depression complain of a disruption of normal sleeping patterns. In many cases, insomnia is persistent but there are also reports of patients who sleep and nap more during bouts of depression.² Each of these types is represented in Dream. But what is more noteworthy, both in terms of modern clinical observation and as portrayed in Dream, is that the depressed person tends generally to spend much more time sitting or lying about by herself. Whether she is actually asleep (neurologically speaking) seems ultimately to be of less significance than the immobility which results from loss of initiative. Hence, the depressed person is isolated and withdrawn, prefers to remain by herself, and stays in bed much of the time.³

Having established the basic symptoms of depression as it is viewed by psychologists and psychiatrists, we may now turn to an examination of specific examples of this disorder in Dream. But, before doing so, we must first discuss the terminology involved.

The word for "depression" in Chinese is men 男人. The meanings of men range from oppressive, stifling, stuffy, and suffocating to depressed, low-spirited, melancholy, and bored. It may also be used to signify
the suppression of feelings or emotion. The basic
import of the word seems to center around the idea of
something weighing down or upon an individual that he
is incapable of dispelling. Men occurs singly and in
such combinations as fan-men 煩悶, na-men 納悶,
ch'ou-men 憂悶, yu-men 憂悶, fa-men 發悶, men-men
悶悶, men-ssu 慆死 (men "to death"!), men-chiu 慆酒,
men-te-huang/hen 慆得慌/很, and men-ch'i 慆氣 (all
of these expressions, and many others in addition, occur
in Dream). The last expression is particularly revealing
because it includes the character ch'i 氣 (literally
"air" or "breath" but, as a philosophical and medical
term, "configurational energy" is a more serviceable
rendering, cf. Gk. pneuma, Skt. prāṇa).

As delineated in Dream, depression is a result of
the dislocation or, more accurately, stifling of the
flow of configurational energy through the various
"organs" (orbes) and channels (sinarteriae) of the
body. Viewed in this fashion, agitation, vexation, and
anger may very easily shift to melancholy and despondency
for all are derangements of configurational energy. The
same sort of shift is recognized by modern psychiatry as
with manic depressive psychosis. When faced with any
of these conditions, the individual (frequently with the
help of his friends, relatives, and doctors) tries to
restore the proper balance of configurational energy
(ch'i) throughout the body. But he may very well over-react
and it is for this reason that anger can turn to depression.
The latter condition tends to be self-sustaining while
the former often runs its own course. As a result, the
angry individual usually returns fairly soon to normalcy
(or depression if the diminution of the circulation of
ch'i is too sudden or pronounced) while the depressed
person tends to remain that way for lengthy periods.
Furthermore, his condition often steadily deteriorates until he becomes morose or even catatonic and, in extreme cases, dies. Once the patient perceives his situation to be hopeless, unless proper treatment is provided, the resultant helplessness becomes irreversible and ultimately leads to death.  

Since the thesis of this paper is that sleep and depression go hand-in-hand in Dream, we must now examine words designating sleep. There are many different words to indicate diverse forms of sleep or lying in bed that are used in Dream, among them: shui 睡, mien 眠, tao 倒, mei 寐, ch'in 寐, t'ang 身, wo 臥, yang 仰, hsi 息, hsieh 歌, tun 监, and wai 歪. The approximate meanings of these terms (and combinations thereof) may be found in the appendix. In general, statements in this paper concerning sleep are based on references in Dream to any of the above or related activities. The border between sleeping and waking in the novel is often very unclear, as we shall see, so that shui may mean variously "lie in bed," "rest," "doze," "sleep," and so forth. This lack of precision is understandable when we examine a standard dictionary e.g. Ocean of Phrases (Tz'u-hai 飲海), and find that shui is defined as ch'in, ch'in as wo, and so forth. But this imprecision in terminology presents no insuperable difficulty for our analysis because it is nearly always possible to surmise from the context the appropriate neurological state.

We are now in a position to run seriatim through a group of examples that have been chosen to elucidate the connection between sleep and depression in Dream of the Red Chamber. Most of the examples cited are from the first and third forty chapters of the novel because references to sleep and depression are more prominent in them than in the middle forty chapters.
In general, chapters thirty-seven to fifty-six display relatively less fixation on sleep and depression than do the other sections of the book. It is noteworthy that these deal with the period in the cousins' lives when they are happiest, what with their poetry clubs and pleasant surroundings. There is a pronounced increase in the frequency of references to sleep and depression in the final forty chapters as compared to either the first or second forty chapters. This seems attributable less to the fact that these chapters were written by a different author than to the fact that the climaxes of so many of the characters' lives naturally take place in these chapters. The data assembled in this paper thus can probably not be successfully employed to draw any conclusions concerning the authorship of the various parts of the novel. Unless otherwise specified, the word "author" as used herein is to be construed as meaning "author and his collaborator(s)."

The close correlation seen by the author between sleep and depression is directly stated in at least one instance. Pao-yung has been relegated by Chia Cheng to watch over the garden. This displeases him greatly and, in his isolation, "whenever depression set in, he would go to sleep/bed." 閒來睡一覺 (111.317.8)

Why the bed? As we have seen, a characteristic of individuals who suffer from depression is decreased mobility. We observe this often in Dream, as when Ch'ing-wen, after having been upset by Nanny Li, "lay on the bed without moving." (19.191.3) It is obvious that the bed is the most appropriate location in which to remain immobile for long periods of time.

The supposed inviolability of the bedroom is another reason why the unstabilized individual retreats here whenever she encounters frustration or anger. There
is an almost sacrosanct aura ascribed to it, as when Tai-yü upbraids Pao-yü for eavesdropping outside her window (26.268-269). The bedroom, in the world of Dream, is the place of privacy par excellence. There could be no more suitable place to which the depressed individual might withdraw.

Of course, like people anywhere, the characters in Dream of the Red Chamber go to bed in the evening when they are tired or when they are sick. They also occasionally make love in bed but there are surprisingly few references to this activity. And, like other people of north China, they enjoy sitting on their heated brick beds while chatting and playing guessing games, but mostly just keeping warm in winter. Yet none of these reasons for being in bed can explain the author's preoccupation with sleep. His characters are fond of remaining in bed even during the summer months. They lie down out of anger, spite, frustration, boredom, and for many other reasons that we do not normally associate with beds.

In chapter nineteen, Nanny Li goes to Pao-yü's place during his absence and provokes an uproar among his maids that leads to unpleasant words and hurt feelings. This is the incident mentioned above that reduces Ch'ing-wen to immobility. When Pao-yü returns, he saw Ch'ing-wen lying motionless on the bed. Accordingly, Pao-yü asked, "Is it because she's ill? Or has she lost [at gambling]?

Ch'ing-wen replied, "At first she was winning, but then old lady Li came over and she began to have a losing streak, so she went off to bed in a fit of pique." 氣的睡去了 (19.191.3-4)
A few pages later, when Hsi-jen informs him that she is going to leave the Chia household and return to her own home to live, Pao-yü

said with a sigh, "If I had known before that you'd all have to leave me sooner or later, I wouldn't have brought you here in the first place. I'm faced with the prospect of being left behind as a deserted orphan." Whereupon he went off to bed in high dudgeon. (19.193.5-6)

An excellent example of how the protagonists in the novel can simultaneously use sleep as a weapon to spite each other and attempt to cope with their own melancholy feelings is this exchange between Pao-yü and Hsi-jen:

"How come you're getting upset?" Pao-yü asked with a smile.
"What makes you think I'm upset?" Hsi-jen answered coldly. "But from today on, don't you ever enter this room! After all, you've got others to look after you, so don't you come back again to order me about. I can still go back to wait on the Old Mistress." As she was speaking, she lay down on the heated bed and closed her eyes.

When Pao-yü saw what the situation was, he was quite startled and could not help rushing forward to reassure her. But Hsi-jen just kept her eyes closed and paid no attention to him. Pao-yü was at a loss for what to do so, when he saw She-yüeh come in, he asked her, "What's wrong with sister?"
"How should I know?" answered She-yüeh. "Maybe
if you asked yourself, you might find out."

Pao-yü was momentarily dumbstruck when he heard what she said. Feeling rebuffed, he got up and exclaimed: "Go ahead and ignore me! I'm going to go to sleep too!" As he was speaking, he got down from the heated bed and went over to his own bed where he lay down on his side.

Hsi-jen, having heard nothing from him but a faint snore for quite some time, thought that he must have fallen asleep. Whereupon she got up and took over a great-coat to cover him with. But, just as she was tucking it around him, she heard the swift sound of Pao-yü throwing it off. All the while he kept his eyes closed and pretended to sleep. Hsi-jen knew very well what he meant by this. "There's no need for you to get upset either," she said coldly as she nodded. "From now on, I'll just make out to be a mute and won't say another word to you. How would that be?"

Pao-yü could no longer prevent himself from sitting up and asking, "Now what have I done to make you lecture me? Well go ahead and lecture. Just now, I didn't see you lecturing me. As soon as I came in, you ignored me and went to sleep in high dudgeon. I still can't figure out why. . . ."

(21.210.8-16)

Spiteful hopping into bed is a clear signal of one's displeasure but the precise complaint is not always easy to discern.

The expression that the English words "in high dudgeon" in the above examples correspond to means, in the most literal sense "gamble with one's configurational energy (ch'i)." The person who chooses to use this
weapon against others does so at great peril to her own well-being. The message being communicated here is essentially this: "Look, it should be obvious to you that I am willfully harming myself by letting my configurational energy become deranged. If you care about me, you will come and make amends." The danger in this approach is that the signal may be misread or ignored. What began as a ploy may very well turn out to be an irreversible slide into actual depression.

Sleep may also be a posture in which one communicates an opposite sort of message, namely, "Don't bother me! I want to be alone and so I choose to ignore you even though I know you are nearby and wish to talk to me." It is for this reason that we so frequently encounter individuals in the novel who pretend to be asleep. In most cases, both the deceiver and the deceived know full well that the whole business is a sham. Since the maneuver fulfills a legitimate need, however, it is nearly always respected by both parties involved.

The young ladies in Dream, particularly the maids, are fond of using "sleep" as a sort of flirtation. The usual target of their wiles is naturally Pao-yü. For example, in chapter eight, we read the following: "Hsi-jen had not actually fallen asleep but was just pretending to sleep on purpose so that Pao-yü would be attracted to come and rouse her by making merry." (8.90.16)

Other grounds for seeking the solace of the bed include frustration in love. Such is the case with Pao-yü's maid Hung-yü who has fallen in love with Chia Yün.

Just as she was feeling depressed, she suddenly heard an old nanny mention Chia Yün whereupon
her heart involuntarily skipped a beat. Then she returned despondently to her room and lay down on her bed. 闷啎的回至房中睡在床上
Secretly, she thought over the matter. Tossing and turning, she simply could not come up with any plan. (24.249.1-2)

The next morning after she gets up, her dejected condition continues so that, "feeling depressed... she listlessly went back inside the room and lay down." (25.251.3-4)

It is remarkable that, in the last few lines of chapter 24 and the first paragraph of chapter 25 which deal with the Hsiao-hung episode, the character men occurs no less than eight times—and in a passage teeming with references to sleep or its loss.

For the nannies who look after the young masters in Dream, sleep is often viewed as a way to keep their charges out of mischief. A sleepy boy can cause no trouble, so to speak. Once Pao-yü drank some wine at Aunt Hsiêh's place and became a bit tipsy. On account of this, Nanny Li is very much worried that he will do something foolish. After Pao-yü returns to his own room, Nanny Li comes to look in on him. "When she heard that he was drunk, she did not dare come forward and disturb him. She merely inquired softly whether he was asleep and only then, her mind at ease, did she leave." (8.91.6) In chapter ten, after the uproar in the Chia family school, Chin-jung returns home and is told by his mother, "'You play awhile like a nice boy for your mother and then go off to bed, all right?' Thereupon Chin-jung swallowed his anger in silence and, before long, went off to sleep by himself." (10.102.10-11)

Here sleep serves the dual purpose of quieting a ruffled child and insuring that he does not get in any worse predicament.
In chapter twenty-two, while all the cousins are watching a play, Shih Hsiang-yun openly remarks that Tai-yü quite resembles one of the "actresses." This is a tremendous insult to Tai-yü and, quite expectedly, hurts her deeply. Later, Pao-yü takes Hsiang-yun aside and tells her that "Cousin Lin is an overly sensitive person" and hence she should not have spoken so casually. This provokes Hsiang-yun herself to great anger, whereupon she "went straightaway into Grandmother Chia's inner apartments and got in bed in a huff." [氣忿忿的躺著去了 (22.220.12)] Pao-yü's reactions to Hsiang-yun's display of temper is curious, as are Tai-yü's expectations regarding his behavior:

Feeling rebuffed, Pao-yü could think of nothing else than to go find Tai-yü again. But no sooner had he arrived before her threshold than Tai-yü pushed him out and closed the door. Once more, Pao-yü could not understand what she meant by this. Standing outside her window, he called sotto voce, "Coz' Lin," but Tai-yü paid no heed to him. Pao-yü let his head sink disconsolately and thought this over. Hsi-jen knew well what was troubling him and considered that there would be no point in urging him this time.

Tai-yü thinks that Pao-yü would certainly have gone off to his own bed. In this particular instance, however, Pao-yü is so totally immobilized by his feelings of acute depression that he simply stands helplessly in the same spot.

So Pao-yü just stood there stupidly. Thinking
that he must have gone back to his own room, Tai-yü got up to open the door and saw that Pao-yü was still standing there. Now it was Tai-yü's turn to feel embarrassed. She could hardly close the door again. All she could do was withdraw by going back to the bed to lie down. (22.220.12-15)

Whereupon Tai-yü informs him,

"If you go away this time, don't come back again for the rest of your life. And don't ever talk to me again!" Paying no attention to her words, Pao-yü returned to his room and lay down in bed, staring vacantly. (22.221.12-13, other editions have "feeling depressed"

Several months after Pao-yü and his friends move into Grand Prospect Garden, they begin to feel bored, perhaps because the environment is a bit too splendid. The young cousins begin to spend a great deal of time on their beds in their attempts to escape from boredom. For example,

... Feeling lazy, Pao-yü was lying on his side in bed, seeming as though he were about to doze off. Hsi-jen came up and sat down on the edge of the bed. Nudging him, she asked, "What are you doing going to sleep again?" If you're feeling very depressed/bored, why don't you go out for a stroll?" (26.267.16-268.1)

In the very next paragraph, Pao-yü eavesdrops outside of Tai-yü's window and then asks her why she had mumbled
the line from *The Western Chamber* that goes "Everyday dozing dully, filled with thoughts of love." She is naturally extremely embarrassed and can think of nothing else but to "turn away from him and pretend to sleep." 翻向裏装睡着了 (26.268.13)

After observing the onset of Pao-yü's final fit of delerium and learning of the mistreatment of Ch'iao-ch'ieh, Lady Wang is both angry and upset.

When Lady Wang thought of these things, she became depressed. Feeling a pain in her heart, she called her servant-girls to help her. With great effort, she made it back to her room and lay down. She told Pao-yü and Pao-ch'ai that they need not come by to see her but that it would be fine if they just went to bed. She herself, however, remained depressed. (118.388.14-15)

It is not always obligatory that the afflicted person lie prone on the bed. For instance, on the morning of the day Pao-yü is scheduled to begin school, after getting his books and writing materials ready, Hsi-jen "sat on the edge of the heated bed feeling depressed." (9.93.3) But when one's anguish is severe, it becomes impossible even to remain seated. Such is Lady Wang's reaction when she learns of her brother's death. "Her heart ached so much that she could not remain sitting. She called Ts'ai-yün and the others to help her on to the heated bed." (96.161.10) In extreme cases, an individual may be so mortified that it seems there is nowhere she can run away to in order to hide. In a fit of anger, Pao-yü kicks Hsi-jen in the ribs, and that in front of many other people.
Hsi-jen had never before been on the receiving end of a harsh word. But now, seeing as how Pao-yü in a fit of anger had kicked her in front of quite a few people, she was both humiliated and angry as well as hurt. Truly at this moment she felt there was no place for her to hide. (30.321.10-11)

Hsi-jen's mortification is so great that she does not even consider the usually reliable bed to be a secure place to which she might escape. It almost seems as though she wishes she might cease to exist. Grief, incidentally, can cause a similar reaction, as when Lady Hsüing is said to have "nowhere to run away to." (115.255.14)

There are numerous instances in the novel when a person is so utterly vexed by the unjust or malicious treatment of others that she literally does cease to exist. One of the most dramatic is when Chin-ch'uan commits suicide by throwing herself into a well because she is so thoroughly exasperated. 賈氣投井死了 (33.346.1) Others who die in the novel, mostly from intense depression or vexation of one sort or another, include Chia Min 賈敏 (illness), Chia Jui 賈瑞 (sexual self-abuse), Ch'in K'o-ch'ing 秦可卿 (illness), Jui Chu 璇珠 (suicide to show devotion to Ch'in K'o-ch'ing), Chang Chin-ko 張奎哥 (strangles herself because she is unwilling to marry a man other than the one to whom she is engaged), Master Li 魯少爺 (drowns himself in a river for Chang Chin-ko), Ch'in Pang-yeh 秦邦業 (anger), Ch'in Chung 秦鍾 (remorse), Pao-erh's wife 鮑二娘 (hanges herself after being beaten by Feng chieh), Hsi-jen's mother 賈人母 (illness), Chia Ching 賈敬 (illness exacerbated by Taoist regimen),
Yu san-chieh 郭三姐 (suicide to show her purity),
Yu erh-chieh 郭二姐 (swallows gold because she cannot endure Feng chieh's cruel machinations), Ssu-ch'i 司棋 (commits suicide by smashing her head against a wall),
Ssu-ch'i's cousin (slashes throat to show his loyalty),
Ch'ing-wen 晴雯 (dies of exasperation after being insulted and driven away), Chia Yuan-ch'un 賈元春 (illness), Wang Tzu-t'eng 王子騰 (illness),
Lin Tai-yü 林黛玉 (illness), Grandmother Chia (illness),
Chin-kuei 金桂 (mistakenly poisons self while trying to murder someone else), Ying-ch'un 迎春 (illness),
Yuan-yang 權陽 (out of loyalty to Grandmother Chia),
Feng chieh 龍姐 (illness), and Miao-yü 妙玉 (reportedly murdered). Of those mentioned here as having died of illness, very few did so for purely physical reasons.
By far the largest majority died because of psychosomatic disease brought on by frustration, lack of fulfillment, severe boredom or depression, and so on. Altogether, this is a gruesome picture but we may put it in context if we realize that nearly everyone who suffers from depression considers suicide at some point and that many do actually bring an end to their lives. Even if the severely depressed person does not display explicit suicidal impulses, she is often so displeased with her life that she may subconsciously (and successfully) will herself to death.

There can be no doubt whatsoever that depression in Dream is viewed as having a direct relationship to mental illness. Instances of this in the novel are legion but we need cite only one. In chapter 115, after Chia Pao-yü has his strange and somewhat disconcerting encounter with Chen Pao-yü, "feeling depressed, he returned to his own room. He neither spoke nor laughed but simply stared blankly." When Pao-ch'ai discusses
the encounter with him, "he felt all the more unhappy at heart. Depressed and dismal, before he knew what was happening, he had brought on his old illness. He said nothing at all but just laughed stupidly." His condition swiftly deteriorates so that, "after a night had passed, when he got up the next morning all he did was stare as though in a trance. Indeed, he appeared to have come down with his former illness." (115.358.2, 9, 10-11)

Of the main female characters in the novel who are members of the younger generation, Feng chieh and Pao-ch'ai are the most mentally healthy. But Feng chieh's condition under the strain of overwork and intrigue deteriorates in the second half of the book while Pao-ch'ai's remains stable throughout. There is only one case where she is said to cry the whole night long (34.360.13) but it is significant that neither bed nor sleep are mentioned in connection with this incident. Furthermore, she has been provoked to cry not for herself but for her mother, Aunt Hsüeh, who has just been in a violent argument with her son, Hsüeh P'an.

The Rouge Inkslab Studio commentator is generally sensitive to the importance of sleep and depression in Dream. On one of the many occurrences when Pao-yü is said "to go off in high dudgeon to sleep in his bed" (19.193.6), Rouge Inkslab remarks that "again he has encountered a moment of helplessness." The connection between sleep and the frustrated hopelessness of depression is here dimly perceived though not overtly acknowledged. Rouge Inkslab's most illuminating comments on sleep are probably those where he characterizes the alluring postures and attitudes of young ladies who lie in bed. He even once explicitly recognizes (the girl in question is Hsi-jen) that these recumbent wiles may be "techniques" for gaining Pao-yü's sympathy or attention. Rouge
Inkslab's other comments on sleep and depression, though numerous, are not particularly revealing for the purposes of our present study.

Although it is by now obvious that sleep has many different functions in *Dream of the Red Chamber*, its most significant role would appear to be its relationship to depression. Whenever an individual is depressed because she cannot face reality or because she has been annoyed by another person, she beats a swift retreat to her place of rest. The bed is seen as the best location to avoid others and "sleep" is thought of as the most efficacious and readily available ointment for salving one's spiritual wounds.

One of the reasons that the person in *Dream* who is suffering from depression retreats instinctively to the bed is because it is here that she believes she has the best possibility of restoring her configurational energy to its proper balance. The bed was, as we have stated, the most private place in the traditional Chinese household (except, perhaps, for the outhouse which we here, for various reasons including the generally non-scatalogical tenor of *Dream*, prefer to pass over). The depressed individual wants badly to be alone. She feels unhappy and would prefer that no one disturb her. Hence it is understandable why there is such a high correlation in *Dream* between sleep and depression. The author has accurately portrayed the actual behavior of depressed persons.

Still, one might object that it distorts the novel to focus so heavily upon sleep and depression. After all, there are also many references to food and clothing, for example, in *Dream of the Red Chamber*. Why choose

\[\text{At least she is less likely to be provoked by others into still deeper depression so long as she is lying there.}\]
to discuss sleep and depression instead of some other aspect of daily life? The answer is that numerous references to food and clothing may be found in many other works of fiction and thus it may be argued that they have no particular significance for Dream. A broad survey of Chinese fiction reveals, on the contrary, that no other work returns so persistently to sleep and depression as does Dream. Neither in the T'ang classical tales, nor in such novels as Water Margin, Journey to the West, Romance of the Three Kingdoms, The Golden Lotus, and The Scholars, nor even in dramas such as The West Chamber and Peony Pavilion do we find the preponderance of diction relating to sleep and depression that we do in Dream of the Red Chamber. Admittedly, there may be numerous bedroom scenes in other late Ming and early Ch'ing works of vernacular fiction such as The Prayer Mat of Flesh and the collections of Feng Meng-lung and Ling Meng-ch'u, but these usually depict other activities than sleeping and coping with depression.

Ultimately, it is not enough simply to describe the depression-sleep syndrome in Dream. One is naturally tempted to ask why so many people in this novel are so utterly vexed. What is it that drives them to distraction and despair and, in many cases, to death? Was the author being perverse in drawing a picture of such largely unmitigated mental suffering? I think not. It appears, rather, that he was making a statement—whether consciously or not—about certain social and economic conditions that real people faced in mid-eighteenth-century China. It is only natural that persons faced with falling family fortunes, fatalism, and the boredom which results from having no meaningful occupation would experience severe psychological strains. And
the effect of these factors could only be heightened by the hierarchical structure of their society and its rigid code of prescriptions and proscriptions regarding love.

Thus we may not dismiss the depression-sleep syndrome as unrelated to other important facets of the novel. Pao-ｙü's recurring depression is surely in part a result of the social structure in which he is embedded. He is cruelly deluded by his elders about the marriage he is tricked into and against them he has no practical recourse whatsoever. The economic relationships operative in the world of Dream are also suffocating. The privileged classes wilt under a smothering wave of total care; eventually they nearly become incapable of doing anything for themselves. The lives of the servants, on the other hand, have no meaning except in relation to the care which they lavish upon their masters and mistresses. The routes of escape from this downward spiral of depression and despair described in the novel are chiefly two—death and deliverance. Death, as we have already observed, is simply the endpoint of a continuously intensifying series that ranges from boredom and lassitude through lethargy, dementia praecox (Pao-ｙü's "illness"), and catatonia. Deliverance, experienced not only by Pao-ｙü but by Chen Shih-yin, Liu Hsiang-lien, Fang-kuan and her friends 芳官等三人, and Hsi-ch'un 借春 as well, leads to a discussion of the religious dimensions of the novel. That, however, is beyond the scope of this paper. Suffice it to say that, in spite of the pretensions toward a denouement that will satisfy Confucian, Buddhist, and Taoist tastes all at the same time (Pao-ｙü passes the civil-service examination and fathers a son, then is whisked off to enlightened immortality by a
Buddhist monk and a Taoist priest, it is clear that the overwhelming philosophical and religious orientation of the novel points toward a Buddhist solution. The mythic framework of the novel (i.e. The Story of the Stone) has more narrative than intellectual significance. That is to say, though the stone and related allegorical images recur at irregular intervals in the novel, they initiate the story and serve more as technical devices to keep the action moving than as expressions of the underlying philosophical content. It is the symbolism of dream (swapna) and illusion (mâyā) that permeates the entire plot and constitutes its fundamental spiritual message. This symbolism is so characteristically Buddhist that it hardly requires mention. What is important for the purposes of our present discussion is to mention how Pao-yü is led to the realization that all phenomena are illusory and life is but a dream. In brief, he is enlightened by realizing the utter futility of recurrent depression and despair. He has seen many loved ones follow that path to unhappy self-destruction and has nearly sunk to the bottom of the abyss himself. In the end, he opts for transcendence rather than descent.

The Dream of the Red Chamber has been repeatedly praised for its fine delineation of character. Such praise is surely justified if only because of the intense scrutiny brought to bear therein on the psychological state of depression. The author of Dream undoubtedly observed carefully others in his family who suffered from this illness and, from what we know of his own life, was himself probably a victim of the same malaise. It would not, therefore, be entirely inappropriate to call Dream, in a sense, a novel of depression for such is the mood of so large a part of it. Furthermore, as repeatedly demonstrated in this paper, sleep is an
almost automatic response to depression for the characters
who people it. Hypersomnia resulting from depression
is such a frequent feature of the book that a narcoleptic
atmosphere seems to pervade it.

Finally, we must not overlook the fact that sleep
is the gateway to dreams. The entire novel is, of course,
a dream, and there are many dreams within the larger
dream. Dream thus stands as a potent warning against
illusion (ching-huan 信幻) and a challenge to confront
reality. Waking and sleeping, truth and falsity, reality
and illusion, health and illness, life and death—these
are all asymptotic monads which Ts'ao Hsüeh-ch'ìn has
dissected so brilliantly. For those who can awake to
the illusory and dream-like nature of the world, there
is no more cause for depression and no more need for
sleep.
NOTES


4. For readers totally unfamiliar with Chinese language and science, a gross approximation of the word ch'i in the contexts under discussion might be humor(s). A masterful treatment of this concept and its central position in Chinese etiology may be found in Manfred Porkert, The Theoretical Foundations of Chinese Medicine: Systems of Correspondence, M.I.T. East Asian Science Series, III (Cambridge, Massachusetts: The MIT Press, 1974).

5. Seligman, op. cit., chapter eight.

6. Although I have consulted several other editions, for the sake of convenience, all citations are to Œu P'ing-po 俞平伯, Hung-lou meng pa-shih hui chiao-pen [Collated Text of the Eighty Chapter Version of the Dream of the Red Chamber (with forty additional chapters appended)] 紅樓夢八十回校本, 4 vols. (Hong
Kong: Chung-hua shu-chü, 1974) and are given in the following form: (chapter.page.line). No translation presently available is suitable for this type of study. It is unfortunate that even the best English versions make allowances for the overwhelming preponderance of references to sleep and depression by omitting many of the former and glossing over many of the latter. Hence, for purposes of consistency and accuracy, all translations herein are my own.


10. Ibid., pp. 113.13-15, 181.6-7, 199.5-6, 204.8-9, 207.9-13, 219.1-3, 221.10-11, 306.5-6, 320.5-8, 320.9-10, 320.11-12, 325.5-7, 333.11-12, 348.4-7, 350.10-11, 354.2-9, 357.13-14, 363.7-8, 373.14-16, 400.4-5, 428.16-429.3, 432.11-14, 433.3-4, 433.7-8, 438.14-439.1, 442.5-6, 503.5-7, 515.11-13, 518.8-9, 587.11-12, 588.9-589.1, 593.9-10, 608.8-9.

11. It would even be possible to prove this statistically although the effort necessary to do so decisively would be enormous. I have, however, checked several word frequency lists (both for classical and for vernacular Chinese) against the proportion of occurrences of certain
key words in *Dream*. Preliminary investigation indicates that the ratio of these words to total words in *Dream* is much higher than it is in general usage as well as in the fictional works mentioned above. *Men* for example, occurs approximately once every 11,000 words in *Dream* while elsewhere it occurs roughly .48 times per the same number of words. Similarly, words for sleep, lying in bed, and so forth, occur approximately once every 1600 words in *Dream* but only about .45 times for the same number of words in general usage.
APPENDIX

Partial Index of Key Words and Phrases

The following is a list of references to sleep and related activities in *Dream of the Red Chamber*. It should be noted that this is by no means a complete index for the subject. There are several hundred additional occurrences in the novel of words for sleeping, resting, dozing, napping, lying down, beds and their appurtenances, and so forth. The intent of the compiler has been simply to provide a representative sample of the types of words and expressions relating to sleep that can be found in *Dream*. The translations are by no means polished but do attempt to take into account the contexts in which these words and expressions occur. The individual to whom the stipulated activity is ascribed has usually been identified and occasional remarks are offered to explain the mood or condition of the party involved at the given moment. Citations have been kept as brief as possible so as not needlessly to lengthen this index. The categories into which the list are divided are merely meant to suggest the range and importance of the sleep motif in *Dream*. In many instances, a reference could have been listed in more than one category.

A. DEPRESSION, ANGER

1. whenever depression set in, he would go to sleep

   悶來睡一覺

   Pao-yung

   111.317.8
2. feeling depressed, she was just about to go back to her own room
Tai-yü 23.235.10

3. returned to her room in a depressed mood and lay down on the bed
Hung-yü 24.249.1-2

4. depressed, went back to her room; of what transpired that night, we speak no further
Tai-yü 25.253.7

5. feeling depressed, he returned to his room [and lay] on the couch
Pao-yü 56.619.15-16

6. depressed and dispirited, went back to her room to lie down
Hung-yü 25.251.3-4

7. felt depressed for such a long time, what else could I do but come here and sleep?
Fang-kuan 62.689.6

8. still feeling depressed, lay on his side in bed
Pao-yü 85.52.7 tears

9. sitting disconsolately ... leaning against the railing of the bed
Tai-yü 27.274.6 immobile, tears
10. sitting disconsolately on the edge of the heated bed 坐在炕沿上癡悶
Hsi-jen 9.93.3

11. sat there vacantly ... feeling depressed 悶悶的 ... 坐着出神
Pao-yü 25.250.5-6

12. had just gotten up from her nap and was feeling depressed 睡中覺纔起來，正癡悶
Ch'ing-wen 74.832.6 discomfort

13. drank several cups of wine to drown her depression and then lay on the heated bed 吃了幾杯悶酒，
    躺在炕上
Chin-kuei 83.33.6

14. so upset that she went to bed 氣的睡去了
Ch'ing-wen 19.191.4

15. was so upset that she fell over backwards 氣得倒仰
Ssu-ch'i 72.804.10

16. got angry and would go to bed everyday as soon as he finished eating 生氣，每天吃了就睡
Pao-yung 107.274.16

17. was so upset that she cried secretly beneath the covers during the night 氣的夜間在被內暗哭
Ts'ai-yün 62.678.9

18. [kept] sleeping out of spite 賭氣睡了
Hsi-jen 21.210.16
19. in high dudgeon, went back to sleep 質氣仍睡去了
   Ling-kuan 36.380.16

20. went off to bed in high dudgeon 質氣睡覺去了
   Hståeh P'an 48.511.6

21. went off to bed in high dudgeon and slept 質氣
   上牀睡去了
   Pao-yū 19.193.6

22. went to bed in high dudgeon, lay down facing away from him and wiped her tears 質氣上牀,面向裏倒下拭淚
   Tai-yū 17.173.10

23. in high dudgeon, walked back to his own room to rest; of him, we speak no further 質氣走到自己房裏安歇不提
   Hståeh P'an 34.360.10

24. went off in a huff to lie down 忱怱的躺著去了
   Hsiang-yūn 22.220.12

25. slept disconsolately 索然睡了
   Pao-yū 13.127.14

26. imperceptibly fell dejectedly asleep while thinking things over silently 默默盤算,不覺就忿忿的睡去
   Pao-yū 56.619.16

B. CRYING, SIGHING, CALLING

27. crying on the bed again 又在牀上哭
   Tai-yū 30.314.11
28. cried the whole night long 哭了一夜
Pao-ch'ai 34.360.12

29. cried unceasingly the whole night long 直直哭了一夜
Tzu-chüan 113.342.12

30. wept the whole night long 直泣了一夜
Tai-yü 57.631.2

31. kept calling out from your sleep(dream) 睡夢中直叫
Pao-yü 77.881.16

32. struck the edge of the heated bed and began to cry loudly 拍着炕沿大哭起來
Chin-kuei 83.34.14 jealousy

33. could not help but burst out crying loudly and fell onto the bed 不禁放聲大哭, 倒在床上
Pao-yü 98.187.1-2

34. lay down on the bed and began to cry 倒在床上
也哭起來
Pao-yü 77.875.8 in sympathy for abused servant

35. crying, fell onto the heated bed 哭倒在炕上
Pao-yü 100.210.2 depressed over loss of a loved one and immanent loss of another

36. cried till she was short of breath and her spirits were flagging; she lay down on the heated bed 哭得短斷神昏, 躺在炕上
Grandmother Chia 105.253.15-16 near-death of loved one
37. lay on her couch crying 躺在榻上下淚
   Grandmother Chia           107.273.14

38. heaved a sigh ... as he lay on the couch
    榻上 ... 歎了一聲
   "Pao-yü"                    56.620.10

39. called out from his sleep (dream) 睡夢之中便叫
    Pao-yü                      51.553.13

40. still calling Ch'ing-wen while he was dreaming 睡夢
    之中猶喚晴雯
   Pao-yü                      79.908.8

41. to groan in her sleep 從睡中哼出
   Hsi-jen                     30.322.3 in pain

C. ALONE

42. lying alone on the heated bed 獨卧於炕上
   Ch'ing-wen                   52.561.2 illness

43. went to bed alone 獨去安寢
   Pao-ch'ai                    98.188.11-12

44. lying by herself on the pillow 獨自倒在枕上
   Ling-kuan                   36.380.3-4

45. each went to bed 各自歇下
   She-yüeh, Wu-erh            109.292.2

46. blew out the lamp and went to bed himself 吹燈自睡
   Hsheh K'e                   91.109.13
47. lying alone on an earthen heated bed that was covered with a reed mat 一人睡在席席土炕上
Ch'ing-wen 77.878.13

48. when have you ever slept a night by yourselves 何曾自己孤身睡過一夜
Pao-yü, Chia Lan 119.395.2

49. slept by herself at night 夜晚間孤單獨枕
Yu erh-chieh 66.740.9 sexual overtones

D. PRETENDING

50. pretending to sleep 裝睡
Pao-ch'ai 113.342.9

51. kept her eyes closed and pretended to be asleep 合眼裝睡
Tai-yü 89.96.7

52. kept her eyes closed and paid him no attention 合了眼不理
Hsi-jen 21.210.10

53. kept his eyes closed and pretended to be asleep 仍合目裝睡

54. pretended to be asleep himself 自己假裝睡着了
Pao-yü 109.292.5

55. turned over away from him and pretended to sleep 翻身向裏裝睡着了
Tai-yü 26.268.13
56. bent over a rock, pretended to sleep 伏在石
頭上裝睡  
Yuan-yang 46.494.14

57. purposely pretending to sleep 故意裝睡  
Hsi-jen 8.90.16  alluring posture

58. on purpose pretended to be asleep but was unsettled the whole night long 故意裝睡, 也是一夜不寧  
Pao-ch'ai 109.289.2  out of concern for Pao-yü

59. just remained silent and pretended to sleep 只不作聲裝睡  
Hsueh K'e 91.108.7  frightened

60. pretended to be asleep while lying on her side in bed 裝着在牀上歪着呢  
Feng chieh 67.752.14

61. you're not sleeping 不睡  
Pao-yü 56.620.11  feeling depressed

62. thought he was asleep 料他睡着  

63. thought you ... were sleeping 當 ... 睡著了  
Tai-yü 26.268.15

64. thought they were asleep 當他兩個睡著了  
Hsi-jen and Ch'ing-wen 54.586.4

65. if you pay no attention to me, that's quite all right; then I'll go off to sleep too 不理我罷, 我也睡去  
E. SLEEPINESS

66. didn't sleep the whole night 一夜没睡
   Pao-ch'ai  109.291.16 concern for Pao-yü

67. didn't sleep the whole night 一夜没睡
   Wu-erh  109.294.9

68. did not sleep the whole night long 一夜無眠
   Wu-erh  109.294.8 afraid

69. did not sleep the whole night long 一夜無眠
   Lady Wang  119.402.11

70. didn't sleep the whole night long 一夜没睡
   Yulan-yang  46.496.3

71. won't be able to sleep the whole night long 一夜也睡不着
   Pao-yü  51.553.11

72. had not, on the other hand, slept at all the whole night 一夜未眠
   Pao-ch'ai  109.289.9

73. nobody slept the whole night 一夜不曾睡
   18.175.10

74. hadn't slept the whole night long 一夜不曾睡着
   Ssu-ch'i  72.804.8 regret

75. did not close his eyes the whole night long 一夜不曾合眼
   Pao-yü  80.918.12 joy at end of being kept in his room for 100 days
76. did not close his eyes once the whole night long
一夜不曾合眼
12.122.16 sex, mortification

77. did not sleep peacefully the whole night long
一夜不曾安睡
Pao-yū 79.908.8

78. didn't sleep well the whole night long
一夜没好生睡得
Pao-yū 49.528.14

79. had not been able to sleep comfortably the whole night long 直一夜没好生睡得
Hsi-jen 21.212.9

80. had not slept last night
昨夜不曾睡
Pao-ch'ai, Hsi-jen 109.294.4-5

81. no sleep that night
那夜...无眠
Pao-yū 104.249.14 thinking of his lost love

82. if she can fall asleep at night
夜間睡得着覺
10.108.9

83. couldn't fall asleep
睡不着
Li Wan, Ch'i-erh, Wen-erh 50.545.8

84. could not get to sleep
Hsiang-yün 76.868.13 not her own bed

85. could not get to sleep
Tai-yü 76.868.14 exhaustion, insomnia
86. haven't been able to sleep 睡不着  Pao-yü  81.1.5
87. can't sleep 睡不着  Feng chieh  88.88.6
88. could not fall asleep 睡不着了  Tzu-ch'üan  82.20.5  out of sympathy
89. but still he could not fall asleep 仍睡不着  Pao-yü  52.571.6
90. still haven't fallen asleep 還沒睡着  Hsiang-yün  76.868.14
91. still haven't fallen asleep 還沒睡着  Tai-yü  82.20.3
92. can't get to sleep either 也睡不着  Tai-yü  76.868.15
93. just can't get to sleep 只是睡不着  Pao-yü  82.13.10-11  tormented
94. at first, no matter how he tried, he could not get to sleep 起初再睡不着  Pao-yü  109.289.6
95. it's not just today that I can't get to sleep 這睡不着也並非今日了  Tai-yü  76.868.15
96. the more he wanted to fall asleep, the less he could 睡越睡不着  Pao-yü  109.292.2
97. the more I try to sleep, the harder it is
睡不着
Tai-yü 82.20.16

98. how could she fall asleep 那裏睡得着
Tai-yü 83.25.12-13

99. of course I want to go to sleep; it's just that
I can't—you go to sleep yourself 我何嘗不要
睡, 只是睡不着, 你睡你的罷
Tai-yü (to Tzu-chhan) 82.20.4-5

100. cannot sleep 睡未成
23.233.5

101. had not slept after all 本沒有睡
Hsi-jen et al. 109.289.10 concern for Pao-yü

102. really hadn't fallen asleep 實未睡着
Hsi-jen 8.90.15-16

103. had not yet gone to bed 未去 睡覺
Tai-yü, Hsiang-yün 76.859.13 too late

104. none of them could get to sleep 皆不能睡
73.816.9

105. still haven't gone to sleep 還沒睡呢
106. still haven't gone to sleep 還沒睡呢
Pao-yü 63.695.7, 8 (twice)

107. I haven't rested enough yet 還沒有歇過來
Tai-yü 19.195.14
108. never get enough sleep\( (i.e.\ always want to sleep)\)（只是睡不著）
   She-ytêh  52.566.2

109. cannot sleep（不得睡覺）
   Ch'ing-wen  26.272.14       upset, too late

110. didn't get much sleep（睡什麼覺）
   Feng chieh  101.214.5

111. even though you slept, it was only for a short while
   睡也没睡得幾時
   Tai-yü  89.97.1

112. altogether only get ten good nights' sleep in a year
   一年之中, 通共也只好睡十夜（睡不著的）
   Tai-yü  76.888.15-16

113. often had insomnia
   常常失眠
   Tai-yü  76.888.13

114. was half asleep 似（睡不著的）
   Feng chieh  88.88.2

115. his sleep did not [really] seem like sleep
   睡不像睡
   Pao-yü  95.155.9

F. TOSSING AND TURNING

116. tossed and turned, unable to sleep the whole night
   翻來複去, 一夜無眠
   Hsiao-hung  25.250.2       dream
117. tossed and turned, but just could not fall asleep
翻来覆去, 只睡不
Pao-yh 89.91.4

118. tossing and turning, how could she fall asleep
翻来覆去, 那裏睡得着
Tai-yh 82.19.14-15

119. tossed and turned, did not fall asleep till after 5 a.m. 翻来覆去, 直五更後纔睡着
Hstueh K'e 91.108.9

120. tossed and turned, thinking wild thoughts, so that it was after five in the morning before, bleary-eyed, he fell asleep 翻来覆去, 胡思亂想, 五更纔
後纔朦朧睡去
Pao-yh 109.294.6-7

121. tossed and turned on their pillows 枕上翻来覆去
Tai-yh, Hsiang-yün 76.868.14

122. still tossing and turning on the heated bed 炉上
還是翻来覆去
Pao-yh 82.13.9

123. how could she sleep that night, tossing and turning 夜裏那裏睡得着, 翻来覆去
Pao-ch'an 91.109.13-14

124. returned to his room and continued to think; tossing and turning, it was difficult to fall asleep 回房中, 只是思索, 翻来覆去, 竟難成寐
Chia Cheng 22.227.9 tired, worried
125. on the heated bed groaning and sighing, turning and tossing

Pao-yü 77.881.13

126. tossed about till 4 a.m.

Pao-yü 89.91.5

127. rolling over, realized it was a nightmare

Tai-yü 82.19.11

G. LANGUOR, BEWILDERMENT

128. lay down languorously

Tai-yü 82.21.4

129. still sleeping languidly

Pao-yü 109.294.8

130. everyday drowsy with thoughts of love (quoting The Western Chamber)

Tai-yü 26.268.11 and 12

132. but kept sleeping torpidly

Feng chieh 111.311.3

133. apathetically went to bed

Pao-yü 97.183.3-4

134. languidly and listlessly

Pao-yü 34.353.6 and 96.164.3
136. is sleeping deeply 睡沉了
Pao-yü 34.353.16

137. pondering silently, half-asleep 沉思默默, 似睡非睡
Pao-yü 34.352.5

138. bewilderedly went to sleep 胡亂睡了
13.126.1-2

139. bewilderedly slept the night 胡亂睡了一夜
Chia Lien 44.472.4

140. could only go to bed bewilderedly 只得胡亂睡下
Pao-yü 52.571.5

141. rested bewilderedly the night 胡亂歇了一夜
14.139.14

142. let's just willy-nilly rest for awhile 且胡亂歇一歇罷
Pao-yü et al. 63.702.1

143. although he was awake, his spirits were still dazed 難醒, 神意尚恍惚
Pao-yü 56.621.21 dream

144. lay on the bed, his heart full of doubt and confusion 躺在床上心裏疑惑
Pao-yü 109.294.6

145. before she knew what was happening, she had fallen asleep 不知不覺的睡了一覺
Aunt Hsüeh 84.36.4 sad and vexed at the same time
146. imperceptibly, everyone fell asleep

大家都睡着了

82.13.15

147. it doesn't matter how we sleep

不管怎麼睡罷了

Pao-yü, Hsi-jen et al. 77.881.6

148. carelessly sleeping on the bed

隨便睡着在牀上

Pao-yü 36.378.1

149. carelessly lay on her side . . . on the couch

歪在 . . 椅上

Lady Wang 41.439.12-13

150. casually lay on his side on the bed

隨便歪在

Pao-yü 67.751.11

151. it would be better, after all, for me to go lie down any old way in the hall

不如我到廳上隨便躺躺去倒好

Aunt Hsieh 62.682.11

H. BLEARY-EYED

152. bleary-eyed, she went to sleep

朦朧睡去

Hsi-jen 20.202.8-9

153. bleary-eyed, went to sleep

朦朧睡去

Hung-yü 25.250.1

154. bleary-eyed, went to sleep

朦朧睡着

Hsi-jen 77.881.13
155. was bleary-eyed and seemed about to fall off to sleep
Grandmother Chia 76.858.12

156. bleary-eyed, lay on her side and fell soundly asleep on the bed
Granny Liu 41.441.10

157. his eyes bleary with sleep
Pao-yh 95.158.16

158. bleary-eyed with drowsiness
73.816.10

159. feeling drowsy, went back to sleep
Feng chieh 101.215.5

160. only then did she, bleary-eyed, go to sleep
Hsiang-ling 48.519.15 too late

161. before he knew what was happening, bleary-eyed, he fell asleep
Chen Shih-yen 1.5.12 dream

162. lay on his side on the bed and seemed as though he was about to doze off
Pao-yh 26.267.16

163. unexpectedly dozed off with the approach of dawn
Pao-yh 89.91.4-5
I. DUMBSTRUCK, VACANT

164. acted like a fool the whole evening 爱了一晚上象
Pao-yü 77.881.12 should have been asleep

165. passed the night but only was dumbstruck when he
got up the next morning 遇了一夜，次日起来只是爱
Pao-yü 115.358.11 silent, morose

166. was momentarily dumbstruck and then withdrew to
sit down on the edge of the heated bed 退在炕沿上坐下
Yüan-yang 111.312.13

167. silently lay on her side on the bed 默默的歪在床上
Yüan-yang 46.494.16 unhappy

168. returned to his room and lay down on the bed with
a vacant look 回房躺在床上，只是瞪瞪
Pao-yü 22.221.13

169. lay down on the bed, staring wide-eyed 呆在床
上
Hsiang-ling 48.519.14

170. absent-mindedly lay sideways on the pillow 歪在枕
Feng chieh 67.757.5 angry

J. FACING AWAY, WITHDRAWING
171. facing away from him asleep on the bed 面向
Fang-kuan 62.689.5

172. lying on her side facing away from him 面向
Tai-yü 64.715.2-3 illness

173. facing away from him, she hadn't yet awakened 面向裏也睡未醒
Pao-ch'in 52.566.9

174. sighed and then, facing away, lay down 嘆了
口氣, 便向裏躺下去了
Tai-yü 81.3.1 speechless, depressed

175. walked up to the side of the heated bed, gave her body a twist to the side, and lay down on the heated bed as she had before, facing inward 走到炕邊, 將身子一歪, 仍舊倒在炕上, 往裏躺下
Tai-yü 89.96.1-2

176. gradually withdrew to the heated bed 身子漸漸的
退至炕上
Tai-yü 81.3.1 head lowered

177. all she could do was back away to the bed and lie down 只得抽身上床躺着
Tai-yü 22.220.15

K. GOING BACK
178. went back to his bed 回去睡覺
   Pao-yü 54.585.6

179. went to sleep as soon as he returned 回去就睡了
   Pao-yü 109.289.14 contrary to fact

180. go back to the apartment to sleep 回房裏去睡
   Pao-yü and Yüan-yang 46.494.14

181. went back to her room to rest 回房歇着
   Tai-yü 49.526.14

182. go back to his room to rest 回房歇息
   Chia Lien 64.718.6

183. also went back to her room to rest for awhile 也回房去歇歇
   Grandmother Chia 97.183.7

184. went back to her room to sleep 回房中睡去了
   65.728.8

185. got back on the heated bed 回到炕上
   88.87.6

186. returned to her own room to go to bed 回到自己
   房中睡下
   Grandmother Chia 98.192.9 old age, concern about grandson

187. went back to her own room to lie down 回到自己
   房中躺下
   Lady Wang 118.388.14 depression, anguish
188. returned to his own room to sleep 回自己房中
Pao-yü 21.209.8 late

189. went back to his own room to rest 归房安歇去了
Chia Chen 75.851.6 suspicion

190. come back and take a rest 回来歇息歇息
Pao-yü 64.714.11

191. again went back to the quiet room to rest 復回至
靜室安歇
Pao-yü 80.918.16 tired

L. AGAIN, STILL

192. she’s fallen asleep again 又睡覺
Tai-yü 19.195.13

193. again she lay down 又躺下去
Tai-yü 82.19.14

194. again went back to sleep 又復睡了
101.215.9

195. again rested for awhile 又歇了一歇
Tai-yü 90.100.5

196. everybody again took another rest 大家又歇了一回
88.88.1

197. why do you want to go to sleep again? 怎麼又
要睡覺
Pao-yü 26.268.1 depression
198. rest awhile yet 再歇歇 63.696.4

199. couldn't get back to sleep again 再不能睡了 Tai-yü 52.565.12

200. have her wait on you while you eat and then go to sleep 伏侍你吃再睡 Pao-yü 23.231.6-7

201. remained lying on her side in bed 仍歪在牀上 Tai-yü 45.483.8

202. was still lying on the heated bed 仍躺在炕上 Pao-yü 116.386.3

203. kept sleeping 仍著睡下了 120.418.16

204. he was still lying in bed 自己仍著躺在床上 Pao-yü 98.187.13 dream

205. still asleep 仍睡 Pao-yü 109.294.10

M. ADDICTED, TOO MUCH, NOTHING BETTER TO DO, SHEER LAZINESS

206. addicted to sleep 嗜臥好眠 Feng chieh 74.839.14 overwork, insufficient energy (ch'i 氣)

207. greedy for sleep 貪眠 Tai-yü 20.200.2
208. fond of sleeping 好睡  13.126.3

209. too fond of sleeping 太好睡了  Nanny Li  101.214.8

210. was advanced in years and fond of sleeping 年高喜睡  63.709.7

211. often lay on her side in bed 常歪着了  63.709.7

212. overslept 睡迷了  14.137.2

213. will oversleep, 睡迷了  14.137.12 (twice)

214. sleep until late in the morning 睡到大天亮  63.695.5

215. nothing to do but sleep 也是睡覺  Grandmother Chia  29.301.11 boredom

216. since there was nothing else she could do, she went to bed; of what transpired that night, we say no more 少不得也睡了一宿無話  Hsi-jen  28.298.2

217. could not keep herself from falling back [on the bed] 身不由主  52.571.8 exhausted
218. could only go to bed 只得睡了
Feng chieh  101.213.12
afraid to inquire about bad news

219. all I can do is lie here 只好躺躺罷
Hsiang-yün  76.868.15
exhaustion, unfamiliar bed

220. it's better that they're asleep 睡了好
76.861.4

221. if you give him a pillow, then he'll go to sleep 給他個枕頭,他便睡下
Pao-yü  57.625.10

222. if there's someone to talk to him, then he just laughs; if there's no one to talk to him, then he just sleeps 有人和他說他他就笑,沒人和他說話他就睡
Pao-yü  96.165.4

223. stretching lazily on the bed 在牀上伸懶腰
Tai-yü  26.268.11

N. NAP

224. took a nap 睡中覺
7.74.1

225. midday nap 睡晌覺
11.113.11
dream

226. was just taking her midday nap 正睡晌覺
Grandmother Chia  94.139.5-6
227. was just taking his noon nap

Pao-yü

101.223.4

taking her noon nap

Tai-yü

57.622.5

not to be disturbed

229. is taking a nap

Feng chieh

72.805.14

sickness

230. took a nap

Grandmother Chia

6.64.9

231. took a nap

8.81.9

232. also taking her noon nap

Hsi-ch'ün

87.74.11

233. also taking her nap

Lady Wang

57.623.9

234. was taking her midday nap

Grandmother Chia

73.819.5

235. took her midday nap

Grandmother Chia

78.886.12

236. was already taking her midday nap

Grandmother Chia

81.3.7

237. was taking a nap in bed by herself

Tai-yü

19.195.12

238. got up from his nap

Pao-yü

81.3.8
239. had just gotten up from her nap
   Grandmother Chia 97.170.8

240. wanted to take a nap
   Pao-yü 5.46.4

241. has not had his nap
   Pao-yü 24.245.8

242. dare not take a nap
   Grandmother Chia 50.542.1

243. in her room taking a nap
   Grandmother Chia 96.168.13

0. SICKNESS AND DEATH

244. you'll get sick by sleeping [this way]
   Hsiang-yün 62.687.10

245. was only afraid she'd sleep herself sick
   Tai-yü 19.197.9

246. lay ill
   Hsiang-yün 55.598.5

247. was sick in bed
   Hstüeh P'an 66.741.15

248. still sick in bed
   Li Wan 74.837.8
249. stayed in bed as before in order to perspire

250. perspired during the night

251. if you go to sleep right after eating, you'll get sick

252. didn't get up from the heated bed because of an illness that was going around at the time

253. last evening when he went to sleep, he was still fine

254. had just taken her medicine and gone to bed

255. body fell over backwards and he lost consciousness again

256. had died on the heated bed

257. when in the future I lie alone in my coffin
P. CULTIVATE SPIRITS

258. rest a bit to build up her spirits
Grandmother Chia 107.271.13

259. rest, build up your spirits
Tai-yü 82.20.4

260. not tired, just closing my eyes to build up my spirits
Grandmother Chia 76.858.13

261. returned to her room and lay down on her side to overcome her fatigue
Tai-yü 70.790.5

262. restore the spirits for a night
10.106.14

Q. DOZING

263. dozing
Nannies 54.586.3

264. dozing
Maids 30.318.7 while sewing

265. is dozing
Tai-yü 87.74.10

266. head drooping, had dozed off
76.866.12

267. dozed off while sitting up
73.816.12 dream, humor
268. those who dozed while sitting 坐着打盹的
64.711.11

269. only then dozed off briefly 打了一個盹兒
Tai-yü 57.631.3 too late

270. be nice and doze off 好生打個盹兒罷
Feng chieh 101.214.5

271. before I knew what was happening, just dozed off 不覺得一個盹兒就打着了
Pao-yü 109.289.10

272. just relieve your noonday drowsiness 解午盹兒罷了
Pao-yü 80.920.10

R. LYING

273. lying on ... a stone bench 臥於...石凳子上
Hsiang-yün 62.687.6

274. those who slept lying down 躺臥的
64.711.11

275. was lying in the inner room 臥於內室
Yu shih 14.140.6 to avoid trouble and effort

276. still lying under the covers 尚臥在衾內
Tai-yü and Hsiang-yün 21.208.9

277. lying supine on the heated bed 仰臥炕上
Hsi-erh 65.728.15
278. with flailing arms and dancing feet, she lay supine on the bed 扎手舞腳的仰臥在牀上
Granny Liu 41.441.16

279. whether sitting or lying together, there were no restrictions 坐臥不避
Pao-yü and girl friends 23.233.10

280. everybody lay back down again 大家又臥下
Pao-yü et al. 77.882.1

281. held his breath and lay down 屏息而臥
Hsheh K'e 91.108.6

S. RECLINING

282. reclining 躺着
Hsi-jen 20.200.9 illness, sexual overtones

283. reclining there 在那裏臥着
Pao-yü 109.293.14

284. lie down 躺下
Hsi-jen 20.202.7

285. lie down 躺下
Tai-yü 97.176.9

286. lie down 躺下罷
Pao-yü 35.368.6

287. reclining on the bed 躺在床上
Tai-yü 83.25.13
288. Lying on the bed immobile 躺在床上不動
Ch'ing-wen 19,191.3 upset

289. reclining on the heated bed 躺在炕上
Hsi-jen 20,200.7

290. reclining on the bed, covered with a quilt 蓋着被躺在床上
82,21,10

291. although she lay down 離躺下
Tai-yü 95,152.5 troubled

292. lay himself down 倒身躺下
Ni-erh 104,244.9 complaining

293. got up on the heated bed and lay down 上炕躺下了
Yu erh-chieh 69,777.8 suicide

294. lay down on the heated bed 向炕上躺下
Aunt Hsüeh 83,35.10 out of vexation

295. lie for a moment, then I'll get up 躺躺兒就起來了
Tai-yü 82,21,12 illness

296. lay down for awhile 躺了一躺
P'ing-erh, Ch'iu-t'ung 88,88.7

297. just lie down for awhile 陌生躺一躺
Pao-yü 108,284.10

298. lie down quietly for awhile 靜靜的躺一躺
Hsi-jen 20,202.7
299. lay down silently 悄悄的躺下了
   Wu-erh 109.294.4

300. stiffly lay down on the bed 直挺挺的躺倒床上
   Lady Wang 119.401.12 upon learning that Pao-yü has disappeared, speechless

301. the more she lay there, the more she shivered with fright 越躺着越發起瑟來
   Feng chieh 88.88.2-3

T. LYING ON THE SIDE

302. lying on his side 歪着
   Pao-yü 21.211.4 reading

303. lay down on her side to sleep 歪着睡着了
   Lady Wang 41.439.14

304. lie down on your side 歪歪兒罷
   Tai-yü 97.176.3

305. lay in bed on his side 歪在牀上
   Pao-yü 44.471.14 satisfied

306. lay on his side on the bed 歪在牀上
   62.679.6-7 tiredness

307. lay on her side in bed 歪在床上
   Grandmother Chia 88.82.1

308. lying on her side on the heated bed 歪在床上
   Tai-yü 22.218.14
309. lying on their sides on the low heated bed 歪在地炕上
Hsi-jen and Ch'ing-wen 54.586.3

310. lying on her side on a couch 歪在榻上
Grandmother Chia 71.798.12

311. was lying on her side on the couch 歪在榻上
Grandmother Chia 75.844.15

312. lying on her side on the couch 檯上歪着
Grandmother Chia 39.414.8

313. just lie on my side briefly 略歪歪兒
Tai-yü 89.95.1

314. was just then lying on his side on the heated bed and feeling sleepy 正歪在炕上想 睡
Pao-yü 80.919.3

315. I'll lie down on my side too 我也歪着
Pao-yü 19.196.1

316. you just lie down on your side 你就歪着
Pao-yü 19.196.1-2

317. just lies on her side 只是歪着
Hsi-ch'un 115.353.2  loss of appetite

318. no sooner had he rolled over on his side than he fell asleep 身子一歪, 便也睡着了
Pao-yü 63.702.2

319. got down from the heated bed and went to his own bed where he lay on his side 起身下炕, 到自己
U. LIE DOWN

320. lay down 倒下
Tai-yü 19.197.8

321. lay down [behind his mother] 倒下
Pao-yü 25.252.1

322. the two lay down facing each other 二人對倒下
Pao-yü and Tai-yü 19.196.5

323. is lying in bed 睡倒了
Feng chieh 75.850.6

324. lay down headlong 一頭睡倒
Ssu-ch'i 72.805.1

V. SITTING

325. sat on the edge of the heated bed 坐在炕沿上
Teng ku-niang 77.880.8

326. just sit for awhile then I'll go to sleep 坐一
Pao-yü 109.291.15

327. sitting erect on the bed 端然坐在床上
Pao-yü 109.291.13

W. OTHER POSTURES
328. lying supine on the heated bed 仰在炕上
Hsiung-nu 70.781.4

329. sat her bottom on the bed 一屁股坐在牀上
Granny Liu 41.441.9

330. leaning on the bed 停在牀上
Ch'ing-wen 31.328.9 happy

331. leaning on the bed 停在牀上
Ying-ch'un 73.823.7 reading

332. his body fell over backwards 身子往後一仰
Pao-yü 115.361.16 unpleasant memory

333. be reunited . . . tonight 今夜...面面面圓
Yu shih 76.857.6, also 8 sexual overtones

X. SLEEP

334. went to bed 睡下.
335. 13.126.2, 14.139.11

336. when we go to bed; went to bed 睡下
Pao-yü and Ch'in Chung 15.148.11 homosexual overtones
15.148.13

337. went to bed 睡下
Hsiang-yün 56.619.14-15 peeved

338. went to bed 睡下
Pao-yü 109.289.6

339. has gone to bed 睡下了
Tai-yü 34.357.6-7
340. he's already asleep

341. went to sleep

342. fell asleep

343. went to bed before drinking wine, to avoid seduction

344. going to bed

345. go to sleep

346. had gone to bed

347. have gone to sleep

348. slept briefly

349. was sleeping

350. had gone to sleep
351. fallen asleep 睡着了
   Tai-yü 83.26.6

352. fall asleep 睡着了
   Pao-yü 89.91.6

353. fell asleep 睡着了
   Hsi-jen 89.91.6

354. sleeping on the couch 椅上...睡着
   Ch'ing-wen 31.327.3

355. had fallen asleep on the bed 在牀上睡着了
   Pao-yü 36.377.3

356. fall asleep 睡去
   Pao-yü 57.628.8 dreams

357. go to bed 睡去
   76.868.10

358. go to sleep 睡去
   Lady Wang 80.921.1

359. go to bed 睡去
   104.249.11

360. went to sleep 睡去
   Pao-ch'ai, Hsi-jen 109.294.5

361. fell asleep 睡去了
   Ni-erh 104.244.10

362. going to bed 睡去了
   111.316.9
363. went to bed 去睡了
Pao-ch'ai 113.340.6

364. went to sleep 去睡覺
Pao-erh 65.728.3

365. slept 睡覺
Pao-yü 5.46.12

366. when she's asleep 睡覺
Hsiang-yün 21.208.10

367. went to sleep 睡覺
Pao-yü 28.297.14

368. were asleep 睡覺
maids 36.377.3

369. went to bed 睡覺
63.701.15

370. went off to sleep 睡覺去了
27.274.6

371. sleep a little 睡一覺
Grandmother Chia 39.414.16

372. when you're asleep, you'll be frightened and have bad dreams 睡覺驚恐作胡夢
56.621.5

373. [neither] in sleep nor in dreams 睡裏夢裏
Hsi-jen 32.339.8

374. in her sleep/dream 睡夢之中
Tai-yü 89.97.11

sexual overtones

hopes to die
375. was already asleep 已睡
  Feng chieh 69.776.15
376. was already asleep 已睡
  Feng chieh 88.88.7
377. was already asleep 已睡
  She-yu 109.292.7
378. were already asleep 已睡了
  Pao-yu and Nanny Li 3.34.14
379. was already in bed 已睡了
  Tai-yu 74.834.14
380. have already gone to bed 已睡去
  76.868.12
381. already went off to sleep 已去睡了
  10.102.11
  anger
382. had fallen asleep 已睡着了
  Tai-yu 86.96.8
383. was already asleep 已經睡了
  Pao-yu 63.695.10
384. no sooner had she fallen asleep 剛睡下
  Hsiang-ling 80.915.3
  awakened with malicious intent
385. went to sleep also 也睡了
  Wu-erh 109.295.2
386. also went to bed 也睡下了
  Feng chieh 88.88.2
387. had also fallen asleep 也睡着了
Pao-ch'ai, Hsi-jen 109.292.5

388. also all went to bed 也都睡
Hsi-jen et al. 77.881.12

389. just go to bed 睡的好
Pao-yü, Pao-ch'ai 118.388.14-15

390. some of them 睡的睡
113.340.12

391. when I was going to bed 睡的時候
Pao-yü 85.49.12

392. have all gone to bed 都 睡了
101.213.13

393. they all went to sleep 都 睡着了
88.87.5

394. all went to sleep 都去睡了
76.858.15

395. lying on the heated bed 睡在炕上
Hstüeh P'an 47.509.6 angry

396. lying in bed 睡在牀上
Tai-yü 34.357.7 depressed

397. she went to bed 上牀睡去
Tai-yü 34.358.10 illness, preoccupied

398. wanted to get down from the bed 要下牀來
Pao-yü 35.368.5
399. everybody's already deep asleep 俱已睡熟了

76.866.10

400. what do you mean by coming into people's rooms while they are asleep? 人家睡覺, 你進來作什麼
Tai-yü 26.269.1 presumed inviolability of the bedroom

401. quieted his mind, then fell asleep 把心一靜
Pao-yü 109.289.6

402. did not just then wish to sleep 方不欲睡
Tai-yü 20.200.3

403. felt sleepy 要睡
Pao-yü 20.202.9 still early

404. was just about to fall asleep 有要睡之意
Feng chieh 101.214.6

405. could only sleep 只要睡着
Hsi-jen 19.195.9 illness

406. if you [Li Wan] wish to sleep, mother, then I'll sleep too 媽媽要睡我也就睡
Chia Lan 110.308.12

407. if he did not go to sleep, none of the others would be willing to go to sleep 自己不睡都不肯睡
Pao-yü 109.291.16

408. went to bed 就寢
Pao-yü 21.212.6 pleased
409. settle in bed 安寢  
Hsuēh Pao-ch'ìn 49.524.3

410. settled down in bed 安寢了  
Grandmother Chia 74.833.15

411. went to bed 安寢了  
Lady Wang 104.247.9

412. doused the lights and went to sleep 息燈安寢  
Pao-ch'ài and Hsiang-yūn 37.397.11

Y. REST

413. all went to bed 睡下  
servant-girls 53.572.1

414. stopped to rest 睡下  
66.739.2

415. went to bed 睡下  
Pao-yū 89.91.5

416. rest a day 睡一天  
92.117.6

417. went to bed 睡了  
Chia Lien 69.776.14

418. rested for a moment 睡了半刻  
Pao-yū 70.784.8

419. to take a rest 睡歌  
11.116.6
420. take a rest 歇歇
Granny Liu 41.441.9

421. take a rest 歇歇
Lady Wang 63.695.7

422. rest a bit 歇歇兒
Feng chieh 67.752.16

423. rest awhile and talk about it later 歇歇兒再說
Chin-kuei 83.35.4

424. taking a rest 歇歇兒
60.664.3

425. to rest for awhile 歇歇腳
Leng Tzu-hsing 2.17.5

426. rested the night 歇了一夜
P'ing-erh 44.472.4

427. take a rest 歇一歇
Ch'ing-wen 52.571.4

428. not take a rest 不歇一歇
Tzu-chüan 57.630.9

429. rested briefly 略歇了一歇
Chia Cheng 97.183.6-7

430. just rest for awhile 暫且歇下
Chia Yü-ts'un 2.16.4

431. really ought to take a rest 該歇歇纔是
Chia Chen 13.131.13
432. send her... off to bed 送... 出去歇歇
Tai-yü 82.18.14

433. go back to his room to rest 回房去歇着
Pao-yü 8.89.10

434. wanted to go back to her house to rest awhile 要往家去歇歇
Feng chieh 44.466.11

435. want to go take a rest 要歇歇去了
Tai-yü 70.790.4

436. let them go have a rest 讓他們去歇歇
Tai-yü's servants 3.27.12

437. be nice and rest for awhile 好生歇歇兒罷
Tai-yü 83.25.9

438. took advantage of the spare time to rest 乘空歇着
Lady Wang 41.439.12

439. slept the night 歇宿
Yu shih 71.793.14

440. would spend the night 歇宿一夜
14.136.7

441. rest 歇息
Pao-yü 80.918.15

442. took a rest 歇息了
8.81.6

443. rest awhile 歇息一回
Pao-yü 5.46.4 noon nap
444. rested for a night
Chia Yü-ts'ün

445. ought to go to bed
Miao-yü, Tai-yü, Hsiang-yün

446. go to bed
Tai-yü

447. go away to take a rest

448. as they were getting ready to retire
Chen Shih-yin's family

449. let's rest after we've eaten
Pao-yü, Hsi-jen

450. to rest peacefully
Hsiang-yün

451. went to bed
Feng chieh

452. go to bed
Pao-ch'ai

453. settled down

454. when it was time to go to bed

455. went to rest
456. go to bed 去安歇罷
   Chia Cheng  22.227.8

457. at last they settled down and slept 方纔安歇
   Tai-yü and maids  3.35.5  tears, sadness

458. let's just take a rest 暫且安歇
   Grandmother Chia  107.273.14-15

459. still not settled down 還不安歇
   Tai-yü  3.34.15  upset, crying

460. had not yet settled down 猶未安歇
   Tai-yü and Ying-ke  3.34.15  upset, crying

461. let's take a rest 我們安歇罷
   22.227.16

462. rested early 安息的早
   Grandmother Chia  50.544.1

Z. CLOSE EYES

463. closed his eyes and fell asleep 合眼睡着
   Pao-yü  36.379.16

464. lying with her eyes closed 合眼躺着
   Feng chieh  105.255.15  dying

465. as soon as he closed his eyes, he fell into a confused sleep 剛合上眼, 便悠悠地睡去
   Pao-yü  5.47.6  sexual overtones, dream
466. lie down and close your eyes 躺下... 合上眼
56.621.6 bad dreams

467. when night came and she closed her eyes 夜來合
Yu erh-chieh 69.774.9 sickness, feelings of revenge

468. lay down on the heated bed with closed eyes 在炕
Hsi-jen 21.210.9 petulance

469. closed her eyes and lay there for quite a while 開着眼躺了半晌
Tai-yü 83.25.12

470. closed her eyes and fell down backward 把眼一
Tai-yü 97.177.1

471. sleeping peacefully with her eyes closed 安穩合目而睡
Tai-yü 21.208.9

AA. AWAKENING

472. awoke from his sleep 睡醒
Pao-yü 34.356.14

473. now you're awake 睡醒了
Pao-yü 21.212.11

474. were awakened from their sleep 睡醒一覺
82.13.9
475. lying there as though she hadn't yet awakened
睡猶未醒
Fang-kuan 63.702.4

476. sleep but stay somewhat awake 醒睡些
Pao-yü's maids 109.291.12 to wait on him

477. had just awakened 正睡醒了了
76.866.15

478. had just woken up from his sleep 正睡着纔醒
Pao-yü 95.158.16

479. went to sleep ... before he woke up 一覺...方醒
Chen Shih-yin 1.10.12 oversleep

480. [he slept] all the way to the next morning before awaking 直至天明方醒
Pao-yü 21.212.6

481. had already rolled over and was awake 已翻身醒
Pao-yü 63.702.5

482. the moment she awoke 方纔醒了
Tai-yü 28.298.3

483. frequently woke up during the night 夜間常醒
Pao-yü 77.881.9

484. awoke for a moment ... returned to her apartment
to rest 一時醒了...回至房中歇息
Grandmother Chia 42.443.1-2
485. you ought to be awake 該醒了
She-ytheh 52.566.2

486. ought (please) to wake up 該請醒了
7.74.1

487. easily awakened 睡臥驚醒
Ch'ing-wen 77.881.10

488. was startled out of her dreams 從夢中驚醒
Nanny Li 101.214.8

489. awoke with a start and wasn't sure whether it was
a dream or not 驚覺，竟似夢非夢
Hsiang-lien 66.743.4

490. awake with a start 唤醒過來
Hung-yün 25.250.1-2 dream

491. stayed awake the whole night 醒了一夜
81.9.9

492. everytime he woke up, he'd have to call for service
每醒必喚人
Pao-yü 77.881.9-10

493. hurry and get up 快起來罷
Pao-yü 26.268.2 depression and listlessness

494. got up early in the morning 一早起來
Pao-ch'ai 34.360.12 unhappy

495. unable to get up out of bed 臥床不起
Pao-yü 79.908.10 sickness brought on
by sympathy for unjust deaths of friends;
stays in room for 100 days
BB. CLOTHES ON OR OFF

496. lay down with her clothes on 睡衣 倒下
  Tai-yü 82.17.11 sighing, tears, distress

497. sleeping with her clothes on 睡衣 睡着
  Hsi-jen 8.90.5

498. sleeping on top of the covers with her clothes on 睡衣 睡在被上
  Hsi-jen 21.212.6

499. lying on the heated bed wearing her clothes 睡衣 躺在炕上
  Hsi-jen 19.195.9

500. wearing his clothes, lay on the heated bed 睡衣 躺在炕上
  Pao-yü 89.90.11

501. rested inside for awhile with her clothes on 睡衣 在内暂歇
  Pao-ch'ai 97.183.4-5

502. lying on his side on the heated bed with his clothes 睡衣 靠在炕上
  Pao-yü 101.218.15 staring woodenly

503. loosened her clothes and lay down 睡衣 臥下
  Tzu-ch'ian 57.630.6

504. got undressed and went to bed 睡衣 走上
  Yu shih 75.850.2 angry
505. wake up quickly and take off your clothes, then go to bed 快醒醒兒脫了衣服睡罷
Tai-yü 82.19.11

CC. THINGS TO DO BEFORE SLEEPING

506. just before you go to bed 臨睡
Pao-yü 23.231.6

507. picked things up and went to bed 收拾睡下
Pao-yü 109.291.16-109.292.1

508. picked things up and went to bed 收拾睡了
91.109.14

509. picked things up and were about to go to bed 收拾睡要睡
Tzu-chüan, Hsteh-yen 89.96.11

510. pick things up and go to sleep; of this we say no more 收拾睡覺, 不提
Tzu-chüan 87.73.15

511. just as she was about to tidy things up and go to bed 纔要收拾睡時
Tzu-chüan 113.343.1

512. went to bed without blowing out the lamp 睡覺
沒有吹燈 88.87.4

513. closed the door and went to bed 開門睡了
Hsi-jen 109.292.1
514. closed the door and went to bed 關門睡去了
Yu san-chieh  65.731.1

DD. HELPING, ASSISTING, SUPPORTING

515. help me into bed 伏侍我睡了
Pao-yü  109.289.3

516. helped him into bed 伏侍他睡下
Pao-yü  20.203.7, 82.13.9, 109.289.4

517. 518. helped him into bed 伏侍他睡下
Pao-yü  20.203.7, 82.13.9, 109.289.4

519. helped her . . . into bed 伏侍 . . . 睡下
Tai-yü  45.486.6

520. helped her . . . into bed 伏侍 . . . 睡下
T' an-ch'un  74.837.7

521. help him . . . to get in bed 伏侍 . . . 臥下
Pao-yü  51.553.12

522. to help him . . . get in bed 伏侍 . . . 臥好
Pao-yü  5.47.4

523. help her on to the heated bed 扶了上炕
Lady Wang  96.161.10  grieved at death of relative

524. helped him . . . into bed 扶 . . . 躺下
Pao-yü  98.191.5

525. helped him back on to the heated bed in the inside room 扶回裏間炕上
Pao-yü  96.164.2
526. helped her ... to lie down on the bed 扶着他 ... 躺在床上
Tai-yu 83.25.11

527. helped her back into bed as before 扶着他仍 ... 睡在床上
83.26.1

528. gently helped her ... into bed 軟輕輕扶 ... 睡下
Tai-yu 83.26.1

529. helped her back into bed as before 仍舊扶他睡下
Hsi-jen 120.408.2
distraught

530. lit soporific incense to settle his spirits and helped him into bed 點起安息香來安定他的神魂，扶他睡下
Pao-yu 97.183.3
ill from distress

531. help put her down 扶着他放倒
Tai-yu 97.177.1

532. put her down on the heated bed 安放在炕上
Feng chieh 111.311.1-2
angry, anxious, hurt

EE. EARLY, EASILY

533. went to bed early 早睡了
Hsiao-yen, Ssu-erh 63.702.1

534. go to sleep early 睡的早
Pao-yu 63.695.10
535. ought to go to bed a bit earlier 該早些睡
Pao-yü  63.695.8

536. go to bed a bit early 早些歇歇
83.31.12

537. go to sleep earlier in the evening 晚上早些睡
Pao-yü  82.11.4

538. go to sleep a little early 早些歇着罷
Pao-yü  89.91.4

539. had long since doused the lights and gone to bed 早已熄燈 睡了
76.861.3-4

540. close the door and go to sleep early 捂了門早睡
66.737.11

541. told me to go to sleep early and get up early 叫早 睡早起
Pao-yü  82.12.1

542. went to sleep early, so I woke up early 睡得早, 所以醒得早
Tai-yü  89.96.13

543. went to bed at once 即便睡下
Pao-yü  95.152.2

544. go to sleep soon 就睡了
Grandmother Chia  76.857.5

545. lay down immediately 就睡倒了
Hsi-jen  120.408.3-4
546. went to bed without further ado

Lung-erh, Shou-erh 65.729.1

547. fell asleep as soon as he touched the pillow

Pao-yü 8.91.6

548. no sooner had his head touched the pillow than he swiftly fell asleep

Pao-yü 21.212.6

FF. LATE

549. only then went to sleep

Hsiang-ling 48.518.10

too late in the night; madness (癲)

550. had just gone to bed

Pao-yü 73.815.4

551. had just gone to bed

Pao-yü 57.629.16

552. has just gone to sleep

Feng chieh 71.796.11

553. and only then did they go to bed

82.13.9

554. has just now gone to sleep

63.709.13

555. only then did they go to bed

Ch'ing-wen, She-yleh 51.553.12
556. only then did they all go to sleep 方大家睡了
Pao-yü, Ch'ing-wen, She-yüeh  51.555.11  too late

557. when she finally settled down to rest 方去安息
Yu erh-chieh  69.777.4  too late

558. only then got in bed and settled down to rest 方上牀安歇
Tai-yü, Hsiang-yün  76.868.12

559. again tossed about for a couple of hours . . . and
only then fell asleep 又翻轉一個更次 ... 方睡去
Pao-yü  77.882.1  too late

560. only slept . . . one watch 只睡了 ... 一個更次
Tai-yü  52.565.12  too late, too little

561. only then did she go to bed 方纔睡下
She-yüeh  51.555.7

562. had just retired 方纔歇下
Feng chieh  61.672.4

563. did not fall asleep until dawn 直到天明纔睡了
Miao-yü  87.78.2

564. thought all the way to 4 a.m. before falling asleep.
直想到丑更方睡着
Tai-yü  95.152.8  too late, happy and sad at the same time

565. till the midnight hour before she left and went
to bed 至三更時分方下來安歇
Feng chieh  16.158.10

566. get to bed late 睡遲了
  73.816.10
GG. COMFORTABLE OR NOT

567. feel uncomfortable lying down 躺着不舒服
Tai-yü 97.175.13 ill, aggrieved;
crying, speechless

568. sleeping fitfully 睡不稳
28.293.3

569. could not sleep soundly 睡不稳
Pao-yü 30.322.3

570. could not lie down comfortably 躺不稳
Pao-yü 34.353.16

571. had gone to sleep peacefully 安稳睡了
Hsiang-ling 48.519.15

572. if I can have a peaceful sleep 我能安稳睡覺
Feng chieh 113.339.2

573. don't think he slept that soundly 不信睡得那麼安穩
Pao-yü 109.295.11

574. unexpectedly slept so peacefully, for two nights 外邊
兩夜睡得倒這般安穩
Pao-yü 109.294.11

575. unexpectedly rested peacefully for a night 歇了一夜,
倒也安穩
Pao-yü 98.192.11

576. unexpectedly slept peacefully 睡的倒也安靜
Pao-yü 109.291.6 contrary to fact

577. (slept) peacefully 安顏
Pao-yü 109.289.11-12 contrary to fact
578. slept quite well last night 昨夜很安頓
Pao-yü 109.289.12 contrary to fact

579. gradually felt a bit more settled down 睡覺安頓
Tai-yü 83.26.2

580. sleep well 昨夜睡得安頓
Pao-yü 109.289.11 contrary to fact

581. who would have thought that he slept peacefully the whole night long? 豈知一夜安眠
Pao-yü 109.289.6-7

HH. HAPPY

582. contented at heart, he got in bed and went to sleep. 中心自得，便上牀睡了
Pao-yü 22.222.6 feeling good about himself

583. was so happy that, for several nights on end, I couldn't even sleep 連夜喜歡的連覺也睡不成
Feng chieh 68.766.15-16 sarcastic

584. on the bed, burst out laughing 在床上撲哧的一聲笑了
Pao-yü 85.52.12

II. YOU FIRST

585. wait until after... she had gone to bed 候... 睡了
Pao-ch'ai 109.209.1
586. waited on him . . . to fall asleep
   Pao-yü          109.292.1

587. go to bed first
   80.914.15

588. go to bed first
   104.248.1

589. go to sleep first
   Pao-ch'ài        109.288.11

590. went to her room to go to bed before him
   Pao-ch'ài        104.248.2-3

JJ. QUESTIONS

591. who's sleeping?
   Tai-yü          26.268.14-15  admission of artifice

592. who dared sleep well the whole night long?
   111.315.12

593. how shall we sleep today?
   Hsi-jen et al., Pao-yü       77.881.6

594. how did I fall asleep?
   Pao-yü          36.382.6

595. why are you lying here?
   Ch'ing-wen       31.327.8
596. what point is there in trying to sleep? 還睡
Tzu-ch'üan 82.20.6-7

597. aren't you going to sleep some more 不睡了麼
Tzu-ch'üan 82.20.6

598. I wonder whether they're already asleep? 睡了不成
Tzu-ch'üan 54.586.2

599. has he gone to sleep yet or not? 睡下了沒有
Pao-yü 63.695.6

600. whether she had fallen asleep or not 睡着了沒有
Pao-ch'ai 109.289.2

601. when did he go to sleep? 什麼時辰睡覺
Pao-yü 19.190.10

602. found out that he had fallen asleep 打聽睡了
8.91.6

KK. REQUESTS, COMMANDS

603. go to sleep: 睡罷
Li Wan 110.308.10

604. go to sleep 睡罷
Ch'ing-wen, She-yüeh 51.555.11 too late

605. go to sleep 睡罷
76.868.11

606. go to bed 睡罷
104.248.2
607. go to sleep 睡着罷  
Tai-yü 74.834.15

608. let's go to sleep 睡覺罷  
Pao-yü and servant-girls 85.52.13

609. go to sleep 睡去罷  
Ch'iu-t'ung 88.88.5

610. let's go to bed soon 快睡罷  
92.117.15

611. go to sleep too 也睡罷  
Pao-yü 109.293.6

612. go in to bed 進去睡罷  
Pao-yü 104.249.9

613. each of you go to sleep 各自睡罷  
109.289.3

614. you go off to bed 睡你的覺去  
10.102.10-11

615. drink some wine and then go to bed 喝了酒睡去罷  
104.244.6

616. take a rest 歇歇罷  
Li Wan 110.308.10

617. take a rest 歇歇罷  
Chia Lan 110.308.12

618. go to bed 歇歇去罷  
Hsi-jen 82.13.5
619. go to bed 去歇歇去罷
   Pao-yung  93.132.1

620. go off to bed now 去歇歇兒去罷
   Pao-yh  85.49.15

621. everybody go to bed 都歇息去罷
   104.247.5

622. ought ... to go to sleep 該 ... 睡去
   73.816.14

623. you should be in bed by now 該 睡了
   19.195.7

624. ought to go to bed 該 睡了
   Pao-yh  104.249.9

625. ought to go to sleep 該 睡了
   Pao-yh  109.291.14

626. ought to go to bed 該歇了
   Grandmother Chia  76.858.5

627. really ought to take a rest 正該歇歇兒去了
   Pao-yh  82.12.1  says he is not tired, "only very depressed"
               "只是悶得慌"

628. also ought to go to sleep 也該歇歇兒了
   Li Wan, T'an-ch'un  95.152.1

629. urged her ... to go to bed 請 ... 安歇
   Lady Wang  118.385.10  too late

630. please go to bed 請 ... 安歇罷
   Grandmother Chia  76.858.14
631. please rest peacefully 請安歇罷
   Pao-yu    63.696.3

632. have him sleep for two nights 叫他睡兩夜
   Pao-yu    109.291.5

633. told everyone to go to bed 叫各人安歇去罷
     88.88.1-2

634. ought to tell her to rest a bit 該叫他歇歇了
   Hsi-jen    109.291.12

635. coaxed him into bed 催他睡下
   Pao-yu    77.881.12

636. repeatedly urged her ... to go to bed 連催...睡下
   Tai-yu    95.152.5

637. repeatedly encouraged her to go to bed but she
    would not 連催他數次睡覺，他也不睡
   Hsiang-ling    48.515.15

638. sent him off ... to bed 打發...睡下
   Pao-yu    85.50.9

639. repeatedly urged him to go to sleep 再四遣他去睡覺
   Pao-yu    76.859.15

640. just go to sleep yourself 只管睡罷
   Pao-yu    52.571.5

641. just go ahead and sleep 只管睡罷
   Hsi-jen et al.    109.291.14

642. just go ahead and sleep 只管睡去
   Pao-yu    109.291.6
643. get up and go to bed properly 起來好生睡
Hsi-jen 21.212.7

644. get up and go to bed properly 起來好生睡
Hsi-erh 65.728.15

645. have a good night's sleep 好好的睡一夜
108.286.15

646. let her sleep 由他睡了
Fang-kuan 63.702.3

647. they should all be allowed to go to bed 都睡去纔是
73.816.14

II. PROHIBITION, OPPOSITION

648. don't go to sleep 别睡着了
Pao-yü 80.919.3 and 4-5

649. hurry, don't sleep any more 快别睡覺
Fang-kuan 62.689.5

650. not permitted to lie down 不許睡倒
Pao-yü 78.888.16

651. not permit her to sleep in Pao-yü's room 不許他在寶玉房裏睡
Ch'ing-wen 74.833.6

652. all the nannies were terribly worried that he'd fall asleep 妓嬤嬤生恐他睡着了
Pao-yü 80.918.16

653. go out for a stroll instead of . . . going to sleep right away 出去逛逛, 省得 . . . 就睡
Pao-yü 58.641.2
655. drove him off ... to sleep somewhere else

656. had her pulled down from the heated bed

657. did not let her lie down comfortably for a minute

658. unfortunately he was asleep

659. moved back into the bedroom

660. it would be better to sleep inside

661. rest in the inner rooms

662. sleeping on a summer-bed in the inner room

663. lay down on her side on a couch in the inner room

664. sleep in the outside room
665. sleep in the outer room 外間睡了
   Pao-yü  109.288.9  hopes to see lost beloved in dream

666. will be sleeping in the outer room 外間睡着
   Pao-yü  109.288.7  ibid.

667. slept in the outside room 外間睡着
   Pao-yü  109.291.3

668. to sleep in the outside room for two nights 外間睡兩夜
   Pao-yü  109.291.4

669. lying on the empty bed in the outer room 空床上躺著
   Tzu-chüan  97.179.3

670. still go sleep in the outer room 還在外間睡去罷
   Pao-yü  109.295.9

671. was sleeping on the heated bed outside 睡在外頭
   Hsi-jen  21.211.2

672. sleep on the outer side 往外邊睡去
   She-yüeh  51.553.11

673. she alone would sleep beside Pao-yü's bed 寶玉
   Ch'ing-wen  77.881.10-11

NN. PLACES

674. sleep at home 家裏睡
   Chia Lan  110.308.10
675. put up at your place for the night
65.728.10

676. fell asleep at his friend's place and didn't wake up till the day after
第二日纔醒
75.853.4-5 intoxication

677. there's plenty of room on the heated bed(s), just go ahead and lie down
65.728.12

678. next to the pillow, inside the covers
在枕邊衾內
65.731.15

679. bent over the pillow, rested a moment
伏在枕上歇一會
52.571.3

680. lying on her pillow
睡在枕上
53.573.6

681. sleeping on top of Hsi-jen's body
睡在襲人身上
63.701.16

682. move onto the bed to sleep
挪到床上睡睡
109.295.12

683. on the couch
"Pao-yü"
56.620.12

684. the one on the couch
"Pao-yü"
56.620.14

685. fell asleep leaning against the table
靠在桌上睡去
113.340.6 heard unpleasant words
686. all nine of them went to sleep beneath the offering table 九個人都在供桌底下一齊睡了

687. sleeping on the clothes-warmer 在這裏睡

688. sleep on the clothes-warmer 在那頭睡了

689. to spread her bedding on the ground and sleep 在地下鋪睡

690. asleep on the grass 在草地上睡着了

691. already lying on the ground 已經躺在地下

692. must be sleeping in the side room 必在側間裏睡着了罷

693. all ought to keep watch by the casket in the temple during the night, but of this we speak no more 俱應在廟伴宿, 不提

694. asleep in the grass hermitage 草庵中睡着

695. fell asleep in the grass hermitage 草庵中睡着了

00. SIMULTANEOUS ACTIVITIES
696. gradually settled down and began to snore lightly 漸漸的安頓了，略聞鼾聲
   Pao-yü 77.881.13 too late

697. turned over and yawned翻身打個哈氣
   She-yteh 51.553.15

698. will be easy to look at while I'm lying in bed睡著好照
   Pao-yü 57.630.3

699. had an idea while lying down躺着想了個主意
   Hsi-jen 85.50.11

700. walked back and lay down on the bed in the inner room, then thought things over slowly and in detail走到裏間屋裏床上歪着，慢慢的細想
   Tai-yü 89.94.16 depressed

701. fell asleep while she was talking說著竟自睡了
   Tzu-chüan 57.631.2

702. fell asleep while she was talking一面說，一面睡着了
   Feng chieh 88.88.6

703. while they were talking, everybody settled down to rest說話時，大家安下
   70.784.13

704. talk while lying down躺着說話
   Pao-yü and Tai-yü 19.197.7

705. talking in her sleep作睡話
   Hsiang-yün 62.687.8
706. talking with someone in his sleep 睡夢中和人說話
Pao-yü 109.294.16

PP. PROVERBS, PICTURES, POETIC EXPRESSIONS

707. "spring" slumber 春睡
Ch'ing-wen 74.832.9 sexual overtones, sickness

708. picture of spring slumber 春睡圖
11.113.10

709. awoke from her spring drowsiness 春困已醒
Pao-ch'ai 59.649.2

710. had fallen asleep 睡着了
cranes of immortality 36.377.2

711. to sleep together with cats and rats 與他們
猫鼠同眠
Chia Cheng 99.199.11 despite

712. how can I allow anyone to sleep soundly by the
713. the side of my couch? 別榻之側, 豈許容(他)
人酣睡
76.860.3, 79.909.15 proverb

QQ. NARRATIVE FUNCTION

714. lay down to sleep; the rest of the night we pass
over in silence 躺下睡了, 一宿無話
Pao-yü 85.52.13
715. gathered his things together and then went to sleep; the rest of the night we pass over in silence

Chia Yün 24.243.5

716. before she finally lay down to sleep; of what transpired that night we speak no more 一宿無話

Tai-yü 27.274.7

717. slept on the clothes-warmers; the rest of the night we pass over in silence

She-yeh 52.566.1

718. went to sleep a little earlier; of what transpired that night we speak no more 早些歇息, 一宿無話

Grandmother Chia et al. 59.649.1

719. the rest of the night we pass over in silence

720. 一宿無話

721.

722. 2.14.8-9, 16.158.10, 20.203.7, 38.399.1, 94.137.1, 112.331.8

723.

724.

725. nothing more is said of that night 一夜無話

92.117.16, 106.261.6

726. sent him off to rest, and of him we will say no more

Chia Cheng 73.815.2 打發… 安歇, 不在話下

727. gradually fell asleep; we leave her momentarily

Tai-yü 45.486.6, 46.487.1 too late
730. did not sleep the whole night long; for the moment, we speak no further of this
Hsi-jen et al. 95.152.2 crying

731. everybody went back to their own rooms to rest and, of them, we shall say no more 大家各自歸
71.802.14

732. each went to his own bed; we pass over the rest of the night without further mention 各自安歇，一夜
84.44.2

733. went off to bed, of this we speak no further 出去
Pao-yung 93.132.2

734. went back to his own room to sleep, of this we speak no further 回到自己屋裏睡下，不提
Chia Lien 93.128.5

735. we need not describe in detail the events of that night 一宿晚景，不必細述
64.718.6

736. just sent off to bed but, needless to say, did not get any sleep the whole night 纔打發睡下，
Hsi-jen 113.342.11
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