CHINESE BOOST

Daily routine Chinese vocabulary list

76 words with pinyin, 繁體 and meanings, 69 of them with an example sentence.
Every word here links to its entry on the site.

Parts 1 2 3 4

Daily routine Chinese vocabulary list on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Elementary (HSK 1-3)

起床
qǐchuáng to get out of bed / to get up

> 他七点起床。
> Tā qī diǎn qǐchuáng.
> He gets up at seven.

睡觉 睡覺
shuìjiào to sleep / to go to bed
shuìjué to wake up from sleep

> 他们在睡觉。
> Tāmen zài shuìjiào.
> They're sleeping.

吃饭 吃飯
chīfàn to have a meal / to eat / to make a living

> 吃饭了吗?
> Chīfànle ma?
> Have you eaten?

早上
zǎoshang early morning

> 今天早上冷。
> Jīntiān zǎoshang lěng.
> It's cold this morning.

晚上
wǎnshang evening / night / in the evening

> 晚上吃什么?
> Wǎnshang chī shénme?
> What do we eat tonight?

中午
zhōngwǔ noon / midday

> 让她中午过来。
> Ràng tā zhōngwǔ guòlái.
> Tell her to come at noon.

上班
shàngbān to go to work / to be on duty / to start work / to go to the office

> 他去上班。
> Tā qù shàngbān.
> He goes to work.

下班
xiàbān to finish work / to get off work / next service (train, bus etc)

> 你今天几点下班?
> Nǐ jīntiān jǐdiǎn xiàbān?
> What time do you finish work today?

上课 上課
shàngkè to go to class / to attend class / to have lessons / to go to teach a class

> 学校九点上课。
> Xuéxiào jiǔ diǎn shàngkè.
> School begins at nine.

下课 下課
xiàkè to finish class / to get out of class / (esp. of a sports coach) to be dismissed / to be fired

> 你们明天几点下课?
> Nǐmen míngtiān jǐdiǎn xiàkè?
> What time does your class finish tomorrow?

早饭 早飯
zǎofàn breakfast

> 早饭吃什么?
> Zǎofàn chī shénme?
> What's for breakfast?

午饭 午飯
wǔfàn lunch

> 吃午饭了吗?
> Chī wǔfàn le ma?
> Have you finished eating your lunch?

晚饭 晚飯
wǎnfàn evening meal / dinner / supper

> 一起吃晚饭吧。
> Yìqǐ chī wǎnfàn ba.
> Let's have dinner together.

早
zǎo early / morning / long ago / prematurely / Good morning!

> 你起床早吗?
> Nǐ qǐchuáng zǎo ma?
> Did you get up early?

晚
wǎn late / evening / night / late years / old age / closing stage of a period

> 他很晚回家。
> Tā hěn wǎn huíjiā.
> He came home very late.

睡
shuì to sleep / to lie down

> 他快要睡了。
> Tā kuàiyào shuìle.
> He was just on the verge of going to sleep.

每天
měitiān every day

> 天气冷，不要每天洗头。
> Tiānqì lěng, búyào měitiān xǐtóu.
> When it's cold, don't wash your hair every day.

经常 經常
jīngcháng frequently / constantly / regularly / often / day-to-day / everyday / daily

> 您经常去吗?
> Nín jīngcháng qù ma?
> Do you go often?

洗澡
xǐzǎo to bathe / to take a shower

> 刚开始洗澡。
> Gāng kāishǐ xǐzǎo.
> Just started taking a shower.

习惯 習慣
xíguàn to be used to / habit / custom / usual practice

> 你会习惯的。
> Nǐ huì xíguàn de.
> You'll get used to it.

刷牙
shuāyá to brush one's teeth

> 睡觉前别忘了刷牙!
> Shuìjiào qián bié wàngle shuāyá!
> Don't forget to brush your teeth before bed!

洗脸 洗臉
xǐliǎn to wash the face

> 你先刷牙还是先洗脸?
> Nǐ xiān shuāyá háishi xiān xǐliǎn?
> Do you brush your teeth first or wash your face first?

睡着 睡著
shuìzháo to fall asleep

> 孩子睡着了，请小声一点。
> Háizi shuìzháole, qǐng xiǎoshēng yìdiǎn.
> The baby has fallen asleep, so please keep it down.

迟到 遲到
chídào to arrive late

> 你总是迟到。
> Nǐ zǒngshì chídào.
> You are always late.

锻炼 鍛鍊
duànliàn to engage in physical exercise / to work out / to develop one's skills / to train oneself / to toughen / to temper

> 你还锻炼吗?
> Nǐ hái duànliàn ma?
> Do you still work out?

总是 總是
zǒngshì always

> 他总是在笑。
> Tā zǒngshì zài xiào.
> He is always laughing.

一般
yībān general / generally / in general / same / ordinary / so-so / common

> 我一般六点起床。
> Wǒ yìbān liù diǎn qǐchuáng.
> I usually get up at six.

洗手
xǐshǒu to wash one's hands / to go to the toilet

> 吃饭前要先洗手。
> Chīfàn qián yào xiān xǐshǒu.
> You need to wash your hands before eating.

洗头 洗頭
xǐtóu to wash one's hair / to have a shampoo

> 天气冷，不要每天洗头。
> Tiānqì lěng, búyào měitiān xǐtóu.
> When it's cold, don't wash your hair every day.

脏
zāng dirty / filthy / to get (sth) dirty
zàng viscera / organ

> 你的衬衫脏了。
> Nǐ de chènshān zāngle.
> Your shirt is stained.

牙刷
yáshuā toothbrush

> 哪把是我的牙刷?
> Nǎ bǎ shì wǒ de yáshuā?
> Which one is my toothbrush?

Intermediate (HSK 4-6)

准时 準時
zhǔnshí on time / punctual / on schedule

> 他准时来了。
> Tā zhǔnshí láile.
> He arrived in time.

养成 養成
yǎngchéng to cultivate / to raise / to form (a habit) / to acquire

> 好习惯是从小养成的。
> Hǎo xíguàn shì cóngxiǎo yǎngchéng de.
> Good habits should be cultivated in childhood.

醒
xǐng to wake up / to come to / to be awake / to sober up / to become aware

> 你还醒着吗?
> Nǐ hái xǐngzhe ma?
> Are you still up?

早起
zǎoqǐ to get up early

> 夜猫子很难早起。
> Yèmāozi hěn nán zǎoqǐ.
> Night owls find it hard to get up early.

卫生 衛生
wèishēng hygienic / sanitary / hygiene / sanitation

> 这食物不卫生。
> Zhè shíwù bú wèishēng.
> This food is unhygienic.

日常
rìcháng day-to-day / daily / everyday

> 他的日常生活很简单。
> Tā de rìcháng shēnghuó hěn jiǎndān.
> His daily life is very simple.

困
kùn sleepy / tired / to trap / to surround / hard-pressed / stranded / destitute

> 我被工作困住了。
> Wǒ bèi gōngzuò kùn zhùle.
> I'm stuck in my job.

按时 按時
ànshí on time / before deadline / on schedule

> 我按时到了学校。
> Wǒ ànshí dàole xuéxiào.
> I arrived at school on time.

日记 日記
rìjì diary

> 你记日记吗?
> Nǐ jì rìjì ma?
> Do you keep a diary?

做梦 做夢
zuòmèng to dream / to have a dream / (fig.) to indulge in wishful thinking

> 你们在做梦。
> Nǐmen zài zuòmèng.
> You're dreaming.

牙膏
yágāo toothpaste

> 请买一支牙膏。
> Qǐng mǎi yìzhī yágāo.
> Please buy a tube of toothpaste.

散步
sànbù to take a walk / to go for a walk

> 他出去散步。
> Tā chūqù sànbù.
> He's out taking a walk.

理发 理髮
lǐfà to get a haircut / to have one's hair done / to cut (sb's) hair / to give (sb) a haircut

> 你该理发了。
> Nǐ gāi lǐfàle.
> You should get your hair cut.

午休
wǔxiū noon break / lunch break / lunchtime nap

打哈欠
dǎhāqian to yawn

> 开会的时候别打哈欠。
> Kāihuì de shíhou bié dǎhāqian.
> Don't yawn during the meeting.

通常
tōngcháng usually / normally / regular / usual / normal

> 她通常很早起床。
> Tā tōngcháng hěn zǎo qǐchuáng.
> She usually gets up early.

熬夜
áoyè to stay up late or all night

> 她习惯熬夜。
> Tā xíguàn áoyè.
> She is in the habit of keeping late hours.

失眠
shīmián to suffer from insomnia

> 喝咖啡太多会失眠吗?
> Hē kāfēi tài duō huì shīmián ma?
> Can drinking too much coffee cause insomnia?

规律 規律
guīlǜ rule (e.g. of science) / law of behavior / regular pattern / rhythm / discipline

> 我相信规律的运动。
> Wǒ xiāngxìn guīlǜ de yùndòng.
> I believe in exercising regularly.

闹钟 鬧鐘
nàozhōng alarm clock

> 您卖闹钟吗?
> Nín mài nàozhōng ma?
> Do you sell alarm clocks?

夜猫子 夜貓子
yèmāozi owl / night owl

> 我弟弟是个夜猫子。
> Wǒ dìdi shì gè yèmāozi.
> My younger brother is a night owl.

打扮
dǎban to decorate / to dress / to make up / to adorn / manner of dressing / style of dress

> 他打扮得像女人一样。
> Tā dǎban de xiàng nǚrén yíyàng.
> He disguised himself as a woman.

睡眠
shuìmián sleep / to sleep / to enter sleep mode

> 孩子需要很多睡眠。
> Háizi xūyào hěn duō shuìmián.
> Children need a lot of sleep.

早睡早起
zǎoshuìzǎoqǐ early to bed, early to rise / to keep early hours

> 早睡早起是老生常谈了。
> Zǎoshuìzǎoqǐ shì lǎoshēngchángtán le.
> Going to bed and getting up early is an old refrain by now.

睡过头 睡過頭
shuìguòtóu to oversleep

> 你今天怎么睡过头了?
> Nǐ jīntiān zěnme shuìguòtóu le?
> How come you overslept today?

赖床 賴床
làichuáng to have a lie-in / to dawdle in bed

> 我儿子每天早上都要赖床十分钟。
> Wǒ érzi měitiān zǎoshang dōu yào làichuáng shí fēnzhōng.
> My son lingers in bed for ten minutes every morning.

通勤
tōngqín commuting

清醒
qīngxǐng clear-headed / sober / awake

> 我们很清醒。
> Wǒmen hěn qīngxǐng.
> We're wide awake.

清晨
qīngchén early morning

> 她清晨离开了。
> Tā qīngchén líkāile.
> She left early in the morning.

打盹
dǎdǔn to doze off

晨练 晨練
chénliàn morning exercise

晨跑
chénpǎo to go for a morning run

Advanced (HSK 7-9)

梳头 梳頭
shūtóu to comb one's hair / to comb sb's hair

> 妈妈正在给女儿梳头。
> Māma zhèngzài gěi nǚ'ér shūtóu.
> Mom is combing her daughter's hair.

作息时间 作息時間
zuòxīshíjiān daily schedule / daily routine

> 这家店的作息时间是什么?
> Zhè jiā diàn de zuòxīshíjiān shì shénme?
> What are this shop's opening and closing hours?

生物钟 生物鐘
shēngwùzhōng biological clock

> 熬夜会让生物钟紊乱。
> Áoyè huì ràng shēngwùzhōng wěnluàn.
> Staying up late throws your body clock into disorder.

作息
zuòxī to work and rest

> 你平时的作息是怎样的?
> Nǐ píngshí de zuòxī shì zěnyàng de?
> What is your usual daily routine like?

睡懒觉 睡懶覺
shuìlǎnjiào to sleep in

午睡
wǔshuì to take a nap in the afternoon

日程
rìchéng schedule / itinerary

> 这周的日程排得很满。
> Zhè zhōu de rìchéng pái de hěn mǎn.
> This week's schedule is packed.

剃
tì to shave

> 他决定把头发全部剃掉。
> Tā juédìng bǎ tóufa quánbù tì diào.
> He decided to shave off all his hair.

催眠
cuīmián to lull to sleep / to hypnotize

> 你接受过催眠吗?
> Nǐ jiēshòuguo cuīmián ma?
> Have you ever been under hypnosis?

夜班
yèbān night shift

> 夜班护士快来接班了。
> Yèbān hùshi kuài lái jiēbānle.
> The night-shift nurse is about to come and take over.

梳子
shūzi comb

> 我的梳子在哪里呢?
> Wǒ de shūzi zài nǎlǐ ne?
> Where is my comb?

酣睡
hānshuì to sleep soundly / to fall into a deep sleep

> 猫躺在沙发上酣睡。
> Māo tǎng zài shāfā shàng hānshuì.
> The cat is sleeping soundly on the sofa.

Outside HSK

起床气 起床氣
qǐchuángqì grumpiness resulting from poor sleep / irritability in the morning

> 你有起床气吗?
> Nǐ yǒu qǐchuángqì ma?
> Are you grumpy when you wake up?