CHINESE BOOST

Daily routine Chinese vocabulary: Intermediate (HSK 4-6)

32 words with pinyin, 繁體 and meanings, 27 of them with an example sentence.
Every word here links to its entry on the site.

Daily routine Chinese vocabulary: Intermediate (HSK 4-6) 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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Words

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