

Ciladaha Guud ee Hurdada

Common Sleep Problems

Sleep problems involve having a hard time falling asleep, staying asleep or staying awake. Check (✓) if any of these statements apply to you:

- I often do not get enough sleep.
- I do not have restful sleep.
- I have trouble staying awake when I sit still, watch television or read.
- I fall asleep or feel very tired while driving.
- I have problems concentrating at home, work or school.
- I have had problems doing my work at my job or school.
- I am often told by others that I look tired.
- I have trouble controlling my emotions.
- I feel like I am slow to react or respond.
- I feel like I have to take a nap almost every day.

If you checked any of the statements, you may have a sleep problem.

Causes of Sleep Problems

Sleep problems can happen for many reasons, but some of the more common causes are:

- Changes to your sleep-wake cycle, such as working night shift when you usually sleep

Ciladaha hurdada waxaa kamid ah inaad dhibaato ku qabto inaad gama'do, inaad hurdada sii wadato ama inaad soo jeedo. Tig saar (✓) haddii wax kamid ah jumlooyinka ku quseeyaan:

- Badanaa hurdo igu filan ma seexdo.
- Ma seexdo hurdo nasiino leh.
- Dhib ayaan ku qabaa inaan soo jeedo markaan caadi u fariisto, aan daawado taleefishinka ama wax akhrinaayo.
- Waa seexdaa ama daal badan ayaan dareemaa markaan gaariga wado.
- Waxaan dhibaato ku qabaa wax diirad saarida markaan joogo guriga, shaqada ama dugsiga.
- Waxaan dhibaatooyin ku qabay samaynta shaqada goobtayda shaqada ama dugsiga.
- Dadka kale ayaa badanaa ii sheega inaan u muuqdo qof daalan.
- Waxaan dhibaato ku qabaa xakamaynta dareenadayda.
- Waxaan dareemayaa inay igu adag tahay inaan falcelin ama jawaab baxsho.
- Waxaan dareemayaa inaan u baahanahay inaan seexdo maalin kasta.

Haddii aad tig saartay wax kamid ah jumlooyinka, waxaad qabi kartaa cilad dhanka hurdada ah.

Waxyaabaha keena Ciladaha Hurdada

Ciladaha hurdada waxaa keeni kara sababo badan, laakiin qaar kamid ah sababaha ugu waawayn ayaa ah:

- Isbadalo ku dhaca mareegtaada hurdada iyo toosida, sida shaqaynta habaynkii marka aad caadiyan seexan jirtay

- Not getting enough sleep to feel rested and alert through the day
- Health problems such as asthma, heart failure, or pain and certain medicines
- Alcohol, caffeine or nicotine use
- Sleep disorders

- Inaad helin hurdo kugu filan si aad u dareento nasiino aadna usoo jeedo inta ka hartay maalinta
- Dhibaatooyinka caafimaadka sida neefta, shaqo gabka wadnaha, ama xanuun iyo daawooyinka qaarkood
- Adeegsiga khamrada, kafeega ama nikootiinta
- Xanuunada hurdada

Common Types of Sleep Disorders

Insomnia

Insomnia includes any problem with falling asleep, staying asleep or waking up too early in the morning. Factors that may cause insomnia include:

- Illness
- Feeling sad
- Stress
- Caffeine
- Alcohol or drugs
- Certain medicines
- Heavy smoking
- Poor sleep habits such as:
 - Daytime napping
 - Sleeping in a place with a lot of noise or light
 - Going to bed early
 - Spending too much time in bed awake

Make changes to the factors that may be causing your insomnia if possible. Have a regular bedtime routine. Limit caffeine, alcohol and smoking.

Talk to your doctor if you have a hard time sleeping more than 3 nights a week for a month.

Noocyada ugu badan xanuunada hurdada

Saska

Saska waxaa ku jira cilad kasta oo kaa haysata gam'ida, inaad hurdada sii wadato ama inaad toosto xili hore subixii. Sababaha keena saska waxaa kamid ah:

- Xanuun
- Niyad jab
- Walaaca
- Maadada kafeega
- Khamrada ama tdarogooyinka
- Daawooyinka qaar
- Sigaarka aadka u culus
- Dabeecadaha hurdada xun sida:
 - Inaad maalinti seexato
 - Inaad seexato meel buuq badan ama nal badan ka jiro
 - Inaad xili hore seexato
 - Inaad sariirto jiipto muddo badan adoo soo jeeda

Isbadalo ku samee waxyaabaha laga yaabo inay keenayaan saskaaga haddii ay suuragalayso. Samayso waqtiyada hurdada oo joogto ah. Iska yaree kafeega, khamrada iyo sigaarka.

Lahadal dhakhtarkaaga haddii aad dhibaato ku qabto hurdada wax kabadan 3 habayn asbuucii muddo bil ah.

Sleep Apnea

Sleep apnea is when breathing stops at times during sleep. It most often happens because the muscles at the back of the throat relax and the tongue falls back during sleep, narrowing the airway. The length of time that breathing stops can vary from a few seconds to several minutes. During this time, the body does not get enough oxygen. Sleep apnea can occur many times each night. Untreated sleep apnea can lead to high blood pressure and a higher risk of stroke or heart attack.

See your doctor if your family notices loud snoring, choking or gasping sounds or lack of breathing during sleep. Other signs you may notice include falling asleep during the day and not feeling rested when you wake up in the morning. Treatment of sleep apnea involves keeping the airway open during sleep. This may include:

- Having a sleep study to check how your breathing changes during sleep
- Weight loss
- Avoiding alcohol
- Using a continuous positive airway pressure (CPAP) machine to open the airway during sleep

Narcolepsy

Narcolepsy is having a hard time staying awake during the day. A person with narcolepsy may suddenly fall asleep during an activity. Treatment involves taking medicine to help you stay awake during the daytime.

Suuxdinta hurdada

Suuxdinta hurdadu waxay timaadaa marka neefsigu joogsado intaad hurudo. Badanaa way dhacdaa sababtoo ah murqaha dhabarka danbe ee dhuunta ayaa nasta carabkuna gadaal ayuu u noqdaa intaad hurudo, taasoo cariiri gelinaysa neef mareenka. Mudada waqtiga neeftu istaagayso ayaa u dhaxayn karta dhawr sikin ilaa dhawr daqiiqo. Inta lagu jiro waqtigaan, jirku ma helaayo oksijiin ku jiran. Suuxdinta hurdada ayaa dhici karta marar badan habayn kasta. Suuxdinta hurdada ee aan la daawayn waxay keenaysaa dhiig kar iyo khatar wayn oo istaroom ama wadna garaac keeni karta.

U tag dhakhtarkaaga haddii qoyskaagu ogaado inaad aad u khaarinayso, ay neeftu kugu saxanayso ama codka neeftuurka aad samayso ama aadan neefsanayn intaad hurudo. Astaamaha kale oo aad ogaan karto waxaa kamid ah inaad seexato maalintii iyo inaad dareemin nasiino markaad subixii soo toosto. Daawaynta suuxdinta hurdada waxaa lagu sameeyaa in la furo neef mareenka intaad hurudo. Tan waxaa kamid noqon kara:

- In baaritaan hurdo lagugu sameeyo si loo ogaado sida neeftaadu iskugu badasho markaad hurudo
- Dhimista miisaanka
- Joojinta khamrada
- Adeegsiga mashiinka cadaadiska wanaagsan ee neef mareenka (CPAP) si loo furo neef mareenka intaad hurudo

Dawakhsanaanta

Dawakhsanaantu waa inaad awoodi waydo inaad soo jeedo maalintii. Qofka qaba dawakhsanaanta ayaa si degdeg ah u seexan kara ayadoo shaqo lagu jiro. Daawaynta waxaa lagu sameeyaa qaadashada daawo si ay kaaga caawiso inaad soo jeedo maalintii.

Restless Leg Syndrome

Restless leg syndrome is leg discomfort often felt at night. The discomfort may feel like a creeping, itching or crawling sensation which only gets better by moving the legs. Restless leg syndrome may cause insomnia and daytime sleepiness.

Talk to your doctor about ways to manage the problem. You can also try reducing stress, taking warm baths, massage and stretching exercises to help your muscles relax. Medicine may be prescribed to help discomfort if sleep is greatly disturbed.

Night Terrors

Night terrors occur when a person wakes suddenly with screaming, confusion or panic. Night terrors are treated with medicines taken during the day.

Sleepwalking

Sleepwalking is any activity like walking that is done while a person is asleep. The person often does not remember the activity. It is not dangerous to wake a sleep walker, but injuries can occur during sleepwalking. Keep a sleepwalker safe from injury such as blocking the stairs with a gate and removing objects to prevent tripping. Talk to a doctor if there are safety concerns with sleepwalking or if it occurs often.

Xanuunka Nasiino La'aanta lugta

Xanuunka Nasiino La'aanta lugtu waa xanuun badanaa la dareemo habaynkii. Xanuunka ayaa dareemi kara culays, cuncun ama dareenka gariir taasoo kaliya kaa ba'aysa markaad lugta dhaqaajiso. Xanuunka Nasiino La'aanta lugta ayaa keeni kara saska hurdada iyo inaad lulmooto maalintii.

Kala hadal dhakhtarkaaga qaababka aad u maaraynayso cilada. Waxaad sidoo kale iskudayi kartaa inaad yarayso walaaca, qaadashada qubays diiran, inaad isduugto aadna jimicsi iskala bixin ah samayso si aad uga caawiso murqahaaga inay nastaan. Daawo ayaa lagu qori karaa si lagaaga caawiyo xanuunka haddii hurdada ay caqabad wayn ku timaado.

Qarawga Xun ee Habaynkii

Qarawga Xun ee Habaynkii ayaa dhaca marka qofku si degdeg ah hurdada ugasoo boodo asagoo qaylinaaya, wareersan ama cabsi ku jirto. Qarawga Xun ee Habaynkii waxaa lagu daaweeyaa daawooyin la qaato maalintii.

Socodka Adoo hurda

Socodka adoo hurda waa shaqo kasta oo lamid ah socodka oo qofku sameeyo asagoo hurda. Qofku badanaa ma xasuusto shaqada. Maaha khatar inaad toosiso qof soconaaya asagoo hurda, laakiin dhaawacyo ayaa qofka gaari kara intuu socodka hurdada ku jiro. Ka ilaali qofka hurdada ku soconaaya dhaawaca sida inaad jaranjarada ku xirto albaab kana saaraaya alaabaha meesha si uusan ugu kufin. La hadal dhakhtarka haddii ay jiraan walaacyo dhanka badqabka ah oo ku xeeran socodka qofka hurda ama ay tahay wax badanaa dhaca.

Talk to your doctor if you have signs of a sleep problem. Your doctor may talk to you about ways to manage your problem or order a sleep study. A sleep study is a 6 to 8 hour recording of your brain activity, heart rate, leg movements, oxygen levels and breathing while you sleep at night.

La hadal dhaqtarkaaga haddii aad qabtid dhibaato dhanka hurdada ah. Dhakhtarkaaga ayaa kuu sheegi kara qaabab aad ku maarayso cilada ama kugu samayn kara baaritaanka hurdada. Baaritaanka hurdadu waa 6 ilaa 8 saacadood oo la duubaayo shaqada maskaxdaada, xawaaraha wadnaahaga, dhaqdhaqaaqa lugahaaga, heerka oksijintaada iyo neefsigaaga intaad hurudo habaynkii.