

Waxa aad Samayn Karto Si aad Hurdo Fiican U seexato

What You Can Do to Sleep Better

Make new habits for sleeping rather than simply breaking old ones. You may want to start by keeping a sleep diary to help you understand your sleep patterns and habits.

Follow these simple sleep guidelines to help you sleep better.

Keep regular hours.

- Establish a regular wake up time each day, including weekends.
- Do not take naps. If you must nap, keep it short. Nap for 15 to 30 minutes early in the afternoon.

Do not go to bed too full or too hungry.

- If you eat a heavy meal before bedtime, your stomach has several hours of work to do. If you must eat late, eat light.
- It also can be hard to sleep if your stomach is empty. If you are dieting, have a low calorie snack before bedtime.

Exercise each day but not right before bedtime.

- Heavy exercise in the late evening increases your breathing and heart rate. This interferes with relaxation.

Yeelo dhaqano cusub oo hurdo halkii aad jabin lahayd kuwii hore. Waxaad ku bilaabi kartaa inaad qorato xasuusta hurdada si ay kaaga caawiso fahanka qaybaha iyo dabeecadahaaga hurdada.

Raac tallaabooyinkaan fudud ee hurdada si ay kaaga caawiyaan inaad hurdo fiican seexato.

Dhawr saacadaha joogtada ah.

- Samayso waqti gaar ah oo aad maalin kasta toosto, ayna ku jiraan maalmaha fasaxa asbuuca.
- Ha seexan hurdooyin fudud. Haddii aad u baahato inaad waxyar seexato, soo gaabi. Seexo 15 ilaa 30 daqiiqo galabnimada hore.

Ha seexan adoo aad u dharagsan ama aad u baahan.

- Haddii aad cunto cunto fudud xiliga hurdada kahor, calooshaadu waxay haysataa saacado dhawr ah oo ay ku shaqayso, hadday qasab tahay inaad xili danbe wax cunto, cun cunto fudud.
- Sidoo kale way kugu adkaan kartaa inaad seexato haddaad baahan tahay. Haddii aad cunto gaar ah cunto, cun cunto aan baruur badnayn kahor xiliga hurdada.

Jimicsi samee laakiin ha samayn waxyar kahor xiliga hurdada.

- Jimicsiga adag ee xili danbe fiidkii wuxuu kordhinayaa neefsigaaga iyo xawaaraha wadnahaaga. Tani waxay caqabad ku tahay nasiinada.

- Schedule work outs for earlier in the day. A leisurely walk before bed is okay. Try gentle exercises like stretching or yoga to help you relax at night.

Develop a bedtime routine.

- Set up a routine so your body knows it is time to go to sleep. For example, listen to some relaxing music, then read for 10 minutes, brush your teeth and go to bed.

Keep your bed as a place to sleep or have sex.

- Do not eat, write, watch TV or talk on the phone in bed.
- Keep the bedroom dark, quiet and a little cool to help you sleep.
- Use a fan or white noise machine, ear plugs or headphones to stop noises that may bother you at night.
- Do not go to bed unless you are sleepy. If you do not fall asleep after 15 to 20 minutes, get up and go to another room and do something to relax. When you feel sleepy, go back to bed.

Slow yourself down toward the end of the day.

- Do not engage in work or household chores right before bedtime. Put your duties aside at least 30 minutes before bedtime and perform soothing, quiet activities that will help you relax.
- Try a warm bath.
- Disconnect from your cell phone, laptop, tablet, TV and other devices 30 minutes

- Samee jimicsiyada maalinimada hore. Socod raaxo leh kahor xiliga hurdada waa caadi. Iskuday jimicsiyada fudud sida iskaga bixinta ama yoogada si ay kaaga caawiso inaad nasato habaynkii.

Samayso jadwalka joogtada ah ee xiliga hurdada.

- Dagso jadwal si jirkaagu u barto xiliga ay tahay inaad seexato. Tusaale, dhagayso muusig nasiino leh, kadibna wax akhri 10 daqiiqo, cadayo ilkaha oo seexo.

Ka dhig sariirtaada meel aad seexato ama galmo ku samayso.

- Wax haku cunin, wax ku qorin, haku daawan TV ama taleefan haku hadlin adoo sariirta jiifa.
- Qolka jifku ha ahaado meel mugdi ah, oo degan xoogaana qaboow si ay kaaga caawiso seexashada.
- Adeegso marwaaxada ama mashiinka cad ee buuqa, gufada dhagaha ama sameecadaha dhagaha si aad u joojiso dhawaaqyada dhibka kuu keenaaya habaynkii.
- Ha seexan ilaa in hurdo ku hayso maahee. Haddii aadan seexan kadib 15 ilaa 20 daqiiqo, kac oo aad qol kale oo samee wax aad ku nasato. Marka hurdo ku qabato, ku laabo sariirta.

Tartiib usoo gal dhammaadka maalinta.

- Ha qaban shaqo ama hawlaha guriga waxyar kahor xiliga hurdada. Gees iska dhig masuuliyadahaaga ugu yaraan 30 daqiiqo kahor xiliga hurdada oo samee shaqooyin dabacsan, oo aan buuq lahayn oo kaa caawinaaya inaad nasato.
- Iskuday inaad biyo kulul ku qubaysato.
- Ka fagoow taleefankaaga, laabtoobka, taableetka, TV ga iyo aaladaha kale 30

or more before going to bed. The light from these devices can make it harder for you to fall asleep.

Cut down on cigarettes, second hand smoke and caffeine.

- Stimulants may affect your nerves for hours into the night.
- Avoid caffeine in the late afternoon and evening.
- Also avoid sugary, high carbohydrate foods at bedtime.

Do not drink alcohol after dinner.

- Drinking in the late evening may help you go to sleep. However, as the alcohol wears off, you may become restless and wake up early.

Get exposure to sunlight during the day.

- Open up curtains or blinds to let natural light in.
- If natural light is not available to you, talk to your doctor about using a light box.

If after following these guidelines you still struggle with getting a full night's sleep, talk to your doctor. Your doctor can recommend treatment options that are best for you.

daqiiqo ama ka badan kahor intaadan seexan. Nalka kasoo baxa aaladahaan ayaa kugu adkayn kara inaad seexato.

Iska jooji sigaarka, isgaarka haashka ah iyo kafeega.

- Waxyaabaha maskaxda kiciya ayaa saamayn kara neerfayaashaada saacado ilaa habaynka laga gaaro.
- Ha cabin kafee ku dhawaad maqribkii iyo fiidkii.
- Sidoo kale ka dheerow cuntooyinka sonkorta leh, ee kaarboohaydareetku ka buuxo xiliga hurdada.

Ha cabin khamro cashada kadib.

- Cabida fiid danbe ayaa kaa caawinaysa inaad seexato. Hase yeeshee, marka khamradu jirkaaga kabaxdo, waxaad noqon kartaa bilaa nasiino xili hore ayaadna soo toosi kartaa.

Iskudhig qoraxda inta lagu jiro maalinimada.

- Fur daahyada ama ilxirayaasha si aad iftiinka banaanka ugu furto gudaha.
- Haddii uusan jirin iftiin dabiici ah, kala hadal dhakhtarkaaga adeegsiga bokiska nalka.

Haddii kadib markaad raacday tilmaamahaan aad wali qabto dhibaato kaa haysata hurdada habaynkii, u sheeg dhakhtarkaaga. Dhakhtarkaaga ayaa kusiinaaya talada dookhyada daawada kugu habboon.