

Common Sleep Problems

Sleep problems involve having a hard time falling asleep, staying asleep or staying awake. The most common sleep problems are listed below.

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. Talk to your doctor if you have a hard time sleeping more than 3 nights a week for a month. Have a regular bedtime routine. Limit caffeine, alcohol and smoking.

Dhibaatooyinka Hurdada ee Caamka ah

Dhibaatooyinka hurdada waxa ka mid ah inay seexashadu dhib kugu ahaato, soo-jeedka oo kugu adag ama hurdo la'aanta. Dhibaatooyinka hurdada ee ugu caamsan ayaa halka hoose lagu qoray.

Hurdo la'aanta

Hurdo la'aanta (insomnia) waxa ku jira dhibaato kasta oo ah seexasha la'aan, hurdada oo aan lagu raagi karin ama goor aad u horeysa oo la tooso subixii. Qodobada sababi kara hurdo la'aanta waxa ka mid ah:

- Cudur
- Dareen murugo ah
- Walaac/Isqu buuq
- Kafeyn
- Khamri ama maandooriyeyaal
- Dawooyinka qaarkood
- Sigaar-cabis badan
- Caadooyin hurdo oo xun sida:
 - ▶ Maalintii oo si gaaban loo seexo
 - ▶ Seexashada meel uu ku badan yahay iftiin ama qaylo
 - ▶ Goor hore oo la seexo
 - ▶ Wakhti badan oo lagu soo jeedo sariirta

Haddii ay suurogal tahay isbeddel ku samee qodobada laga yaabo inay kuu keenayaan hurdo la'aanta. Kala hadal dhakhtarkaaga haddii seexashadu dhib kugu tahay wax ka badan 3 habeen todobaadkii gudaha hal bil. Sameyso wakhti hurdo oo joogto ah. Iska yaree kafeynta, khamriga iyo sigaarka.

Sleep Apnea

Sleep apnea is when breathing stops at times during sleep. The length of time that breathing stops can vary from a few seconds to over a minute. During this time, the body does not get enough oxygen. Sleep apnea can occur many times each night. See your doctor if your family notices loud snoring 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 sleep apnea involves keeping the airway open during sleep. This may include:

- More tests
- 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.

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. See your doctor if you have these signs.

Neef joogsiga hurdada

Neef joogsiga hurdadu (sleep apnea) waa marka neefsashadu joogsato marmarka qaarkood marka la hurdo. Wakhtiga neefsashadu joogsato waxa uu dhexeyn kara dhawr sekan ilaa wax ka badan hal daqiiqad. Inta lagu jiro wakhtigan, jidhku ma helo oksijiin ku filan. Neef joogsiga hurdadu waxa uu dhici karaa marrar badan habeen kasta. U tag dhakhtarkaaga haddii qoyskaagu dareemo khuuro dheer ama neefsasho la'aan marka aad huridid. Calaamadaha kale ee lagu garto waxa ka mid noqon kara maalintii oo hurdo ku qabato iyo adiga oo wali daalan marka aad toostid subixii. Daweynta neef joogsiga hurdada waxa ku jira marinka hawada oo la baneeyo inta aad huridid. Waxa taa hawsheeda ka mid noqon kara:

- Baadhitaano dheeraad ah
- Yareynta miisaanka
- Iska daynta khamriga
- Isticmaalka mishiinka sida joogtada ah cadaadis ugu sameeya marinka hawada (continuous positive airway pressure) (CPAP) si loo furo marinka hawada inta aad huridid

Soo-jeedis la'aanta

Soo-jeedis la'aantu (narcolepsy) waa soo-jeedista oo dhib ah maalintii. Qofka qaba soo-jeedis la'aanta waxa laga yaabaa inuu si kedis/lama filaan ah u seexo iyada oo lagu jiro hawl. Daweynta waxa ka mid noqon kara dawo lagu siiyo si laguugu gargaaro inaad soo jeedid maalintii.

Argagaxa Habeenkii

Argagaxa habeenkii (night terrors) waxa uu dhacaa marka qofku si kedis ah u tooso isaga oo qaylinaya, dawakhsan ama fiigsan. Argagaxa habeenkii waxa lagu daweyyaa dawooyin la qaato maalintii. U tag dhakhtarkaaga haddii aad isku aragtid calaamadaha.

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.

Restless Leg Syndrome

Restless leg syndrome is leg discomfort often felt at night. The discomfort may feel like a creeping sensation, which only gets better by moving the legs. Restless leg syndrome may cause insomnia and daytime sleepiness. There is no known cause or cure for restless leg syndrome. 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.

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.

Hurdo-ku-socod

Hurdo-ku-socodku waa hawlgal ah sida socodka oo la sameeyo iyada oo qofku hurdo. Qofku badanaa ma xusuusto hawlgalka. Khatar ma aha in la toosiyo qof soconaya isaga oo hurda, laakiin dhaawacyo ayaa dhici kara marka hurdo lagu socdo. Ka ilaali dhaawac qofka hurdada ku socda adiga oo tusaale ahaan irid ku gudbaya jaranjarada isla markaana qaadaya alaabta si aanu ugu kufin. La hadal dhakhtar haddii ay jiraan arrimo ku saabsan amaanka marka hurdada lagu socdo ama haddii ay dhacdo marrar badan.

Ciladda Lugta Aan Joogsanayn

Ciladda lugta aan joogsanaynin (restless leg syndrome) waa raaxo-daro la dareemo habeenkii. Raaxo-daradu waxay u eekaan kartaa dareen ah jidhidhico, kaasoo laga fiicnaado kaliya marka la dhaqaajiyo lugaha. Ciladda lugta aan joogsanaynin waxay keeni kartaa hurdo la'aan iyo hurdo ah maalintii. Ma jirto sabab la og yahay oo keenta ciladda lugta aan joogsanaynin ama wax lagaga bogsado oo la og yahay. Kala hadal dhakhtarkaaga siyaabo lagu maamulo dhibaataada. Waxa kale oo aad isku dayi kartaa inaad yareysid walwalka ama giigsanaanta, inaad qaadatid maydhasho diiran, masaajo ama duugis iyo jimicsiyo iskala-bixin ah si muruqyadaadu u dabcaan. Waxa kale oo lagu qori karaa dawo si lagaaga gargaaro raaxo-darada haddii hurdada si weyn qas u galo.

La hadal dhakhtarkaaga haddii aad leedahay calaamadaha dhibaato ah hurdada. Waxa laga yaabaa in dhakhtarkaagu kaala hadlo siyaabo lagu maamulo dhibaataada ama uu dalbo daraasad hurdo. Daraasadda hurdadu waa duubis ah 6 ilaa 8 saacadood oo lagu duubayo firfircoonida maskaxdaada, garaaca wadnaha, dhaqdhaqaaqa lugaha, heerarka oksijiinta iyo neefsashada marka aad huridid habeenkii.

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