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
- 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
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. Uskufiri (✓) jumladoo hakidareera:

- Inta badan hurdo feela mahelaaw.
- Mahelaaw nafaas ana kaneebisada.
- Walii dhibaato kaqabe marki ana said hanjeeda mise ana tv fiirsada.
- Madii ana babuur wada noogee, hurdumo iqabadaasa.
- Dhibaa kaqaba madii ana kashaqeya cida, iskoolka iyo shaqada.
- Walii dhibaata kaqabee marki ana kashaqeyyaaq guriga, iskoolka iyo shaqada.
- Badana dadka barshoo weyba insheekeyaan intii ana noogana.
- Walii dhibka kontrolka dareemogay.
- Waliiba in maleeyee intii ana gaabiyo jabaabta.
- Walii ana jeela intii ana haweeraga marwalba.

Hoo adi fiiraso jumladoo un waliiba dareemaase hundurmo.

Meesheena dhibaatada hundurmada

Dhibaatooyinka hundurmada waliisheenee sababoojin badan walii kunid ah haan:

- Adigo lakin badala waqtigii adi hunduro fade laka ara shaqeey
- Maheloow hundurmo feelan oo ani kaneebisada
- Cafimaad daro yakumid ata neefta, dhuurin, wanada oo kasuranta, iyo daawo
- Iстиmaalooga qamrada, bunka, iyo tubaakada
- Hundurmo humo
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. 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.

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 of sleep apnea involves keeping the airway open during sleep. This may include:
Qiibow farada badaan hundurmo xumada

Hurdo la’aanta
Hurdo la’aanta (insomnia) waxa ku jira dhhibaato 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/Isquu buuq
- Kafeyn
- Khamri ama maandooriyeyaal
- Dawooyinka qaarkood
- Sigaar-cabis badan
- Caadooyin hurdo oo xun sida:
  - Maalintii oo si gaaban loo seexdo
  - Seexashada meel uu ku badan yahay iftiin ama qaylo
  - Goor hore oo la seexdo
  - Wakhti badan oo lagu soo jeedo sariirta

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

Neef joogsgiga hurdada
Neef joogsgiga hurdadu (sleep apnea) waa marka neefsashadu joogsato marmarka qaarkood marka la hurdo. Waktuuga neefsashadu joogsato waxa uu dhexeyn kara dhawr sekantila wax ka badan hal daqiqad. Inta lagu jiro wakhtigan, jidhku ma helo oksijin ku filan. Neef joogsgiga hurdadu waxa uu dhici karaa marrar badan habeen kasta. U tag dhakhtarkaaga haddii qoyskaagu dareemo khuuro dheer ama neefsaho 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. Sidii adi kabadbaada hundurmo xumada wali kumid eh ada oo hela hawa madii adi hunduraasa. Waxa taa hawsheeda ka mid noqon kara:
• 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.

**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 sleepwalker, 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.
• Hada intii ada barato hawaqadaadood kalabadan ee hundurmadaada
• Caatoobid
• Iska daynta khamriga
• Wa intii ada isticmaala meel feela oo hawa qaadasha ah

Soo-jeedis la’aanta
Soo-jeedis la’aantu (narcolepsy) waa soo-jeedista oo dhib ah maalintii. Qofka qaba soo-jeedis la’aanta waxa laga yaaaba inuu si kedis/lama filaan ah u seexdo iyada oo lagu jiro hawl. Daweynta waxa ka mid noqon kara dawo lagu siiyo si laguu 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. Hiilimooda hamiiinta walii lakadaaweyeen daawa oo geekii laqadada.

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 jiraha jiraha isla markaana qaadaya alaabta si aan ugu kufin. La hadal dhakhtar haddi ay jiraan arrimo ku saabsan amaanka marka hurda lahaa socdo ama haddii ay dhacdo marrar badan.

Ciladda Lugta Aan Joogsanayn
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 dhakhtarkaaga haddii aad leedahay calaamadaha dhibaato ah hurdada. Waxa laga yaabaa in dhakhtarkaagu kaala hadlo siyaabo lagu maamulo dhibaatadaada ama uu dalbo daraasad hurdo. Daraasadda hurradu waa duubits ah 6 ilaa 8 saacadood oo lagu duubayo firfircoonida maskaxdaada, garaaca wadnaha, dhaqdaqaaqa lugaha, heerarka oksijinta iyo neefsashada marka aad huridid habeenkii.