

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 kaneepsada.
- 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 kashaqeeyaaw 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 sababooyin badan walii kunid ah haan:

- Adigo lakin badala waqtigii adi hunduro fade laka ara shaqey
- Maheloow hundurmo feelan oo ani kaneepsada
- Cafimaad daro yakumid ata neefta, dhuurin, wanada oo kasuranta, iyo daawo
- Isticmaalooqa 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 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 seexdo
 - ▶ Seexashada meel uu ku badan yahay iftiin ama qaylo
 - ▶ Goor hore oo la seexdo
 - ▶ 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.

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. Sidii adi kabadbaada hundurmo xumada walii 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 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.

- Hada intii ada barato hawaqaadaadoo 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 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. Hiilimooda hamiinkii walii lakadaaweeyee daawa oo geekii laqaadada.

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.

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.

2008 – 1/2012 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. Wexner Medical Center at The Ohio State University, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

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.

2008 – 1/2012 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. Wexner Medical Center at The Ohio State University, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Common Sleep Problems. Somali.