

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.
- 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, watch a TV show then read for 10 minutes, brush your teeth and go to bed.

Meey suubiya karto inii sifeela in hundurta

Suubi si cusub oo ada in hundurta badalki kuwi badala fada. Meey in baahadasee in meelka kaqorata sii ada in hundura fada.

Raac si feela walagii qorati si ada si feela in hundurta.

Ilaali waqtiyaashaa.

- Yeelaaw waqti ada marwalba haka aasa.
- In jiifatooy waqti yar. Hoo walyar jiifadasa iniska badadiyoo. Jiifoow 15 ilaa 30 dakiika galabtii.

In jiifatooy adoo dharagsan mise gaajeesan.

- Hoo aanta raashiin badan inta ada in jiifan oolola waqti badan aya in baahanta inii shiida raashinka wainii waqti damba wal aanta.
- Hoo oololadaa eber ta jiifka ki adkado karo. Hoo ada wal aamaasa wal yar aan xiliga ada jiifadaasa.

Roroor marwalba lakin hamiin uskuilali roroorka.

- Roroor badan hamiinkii mee badiyee neef qadashooga iyo wadna dhaqaaqa. Tan meey wax yeela in weelaasa neefsadooga.
- Diyaar shaqoogaa hiraabta hire. Dardarerooga intii ada jiifan ya feela. Hamiin iskala bibihi intii ada seexan.

Hagaaji hili ada kii go'an oo sariirta eedeesa.

- Hoo saa suubiso jirka ya la gobsadee. Tusaala, firsoy tvga kadibna akri 10 daqiiqa, cadooy ilkoogaa kadibna jiifooy.

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.
- 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 an hour before bedtime and perform soothing, quiet activities that will help you relax.
- Try a warm bath.

Cut down on cigarettes and caffeine.

- Stimulants may affect your nerves for hours into the night.
- 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.

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.

Sariirta dhikooy meela ada seexadaasa mise ka galmoodaasa.

- In aantooy, qor, mise firisa tvga mise inkahadalooy siiinka madii sariirta saranta.
- Kuweel manka jiiifka mugdi, iyo qaboow si ada si feela in hundurto.
- Sariirta in eedoo ada oo hundurmo in ka heenin. Hoo hundurmo koo kooya waata 15 ilaa 20 dakiika kubah manka oo kaneebsooy banaanka. Hoo hundurmo kahayta eed sariirta.

Hoos ada iskadhig madii malin dhamaada haysa.

- Ingaloow wal shaqa ah or manka madii ada jiiifata rabta. Shaqoyinka usku bog intii ada jiiif usku diyaarinin.
- Uskuday inii biyo fardiir kuqubeysata.

Usku yaraay bunka iyo tubaakada.

- Belwada mey wal yeelasee nerfo hamiinki.
- Usku ilaali sokorta badan iyo rashiinka salida leh madii ada jiiifadaasa.

In waraabtoo qamriga hamiinka.

- Waraabooga xili damba mey koo yeela kara ini dhaqsa jiiifata. Inkastoo laku yaaba in qamriga koo dhiga wal noogan oo xili hora ha kacda.

Hoo intan subida oo hundurmo la'aan kiika dhi'ida ladowaa dhaktarkaa. Dhaktarka meey kiin sheego kora wal ada kin feela daawa kin eh.

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