

## Nom kueis



### Magadama

Anina kuluna mumkin nakun indana tajraba ta lahzat ta idtarab nom aw masakilat ta nom kueis be asbab zeî adas ta nafsîat ta yom, masakilat ta galeg, wa masakilat fi makan ta sukol, aw ayatana elkas. Elnas elshakalin fi mahalat ta insaniya mumkin yakunu akter harda be idarabat ta nom Mumkun elsukol fi biahat indu katar aw mahindum eltanbu ma ohmla masabin be sadma wa irahak elsanawi aw ma mabashar, elnom de tajraba tan as kulu Be ziade, anina natabar elnom raha tamam wa/aw nashahar be zaneb lanu el-lajin aw sukanat eltanin el-anin sakalin ma omen ma begderu. De mumkin yawadi taglil fi hajettana le nom keuis.

Ligu ta no kifaya de kueis the saha ta muoktaki was jisimtaki, wa de dururi asan besaidu jisimtana asan yamoulu tahfi wa tajadid. Elnom keuis bekon min itenen janibat: elmuda wa istimrariya. Ketiir min eolbalegin lazim yanumu be mahdel ta 8 sahat, wa elnom lo gatawu besakil matakara, de batarod ma dora ta nomtana eltebieyi.

Elnas ta bahas kulu wafagin inu elnom be kimiya elkueis de dururi le tahsin eltalim, zakera wa istigrar ta alat ta mazajtana, fa adom elnom mumkin yamoulu tasir le anina fi turk ketiir. Lo bamulu nom taban mabasher, mumkin yakun yanagis fi tarkiz aw nagsa ta taga. Be marur ta zamen, adom elnom mumkin yakun indu kater fi kulu ajaza ta jisimtana be ziada kater isaba be amrat mazamna zeî sukari, wa iktehab wa amrat ta galib wa sakta ta damakh wa masakilat ta jahaz.

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Alamat beware inu indu masakilat ta nom	Alamat beware inu indu nom kueis <sup>1</sup>
Gomu fuok beshour be tahab	Gomu fuok beshour be intahsa be sabah
Silu akter min 30 degiga kulu lel asan be numu	Indu taga ketir be yom
Istimrar ta giyam ketiir kulu lel wa indu masakil asan tanum tani, aw gomu bederi fi sabah	Beshour be waja tar as wade
Masakil fi tarkiz aw hefis ta intiba be yom	
Shour ta dababiya aw inkafaz be idafa le masakil ta tarkiz wa zakera	
Bazal be sura aw infahal	
Deir nom aw be num fi kilal elyom	

<sup>1</sup> Libman, E., Fichten, C., Creti, L., Conrod, K., Tran, D. L., Grad, R., Jorgensen, M., Amsel, R., Rizzo, D., Baltzan, M., Pavilanis, A., & Bailes, S. (2016). Elnom elmanash wa istimrar ta nom yadedu mansura ta nom indu jowda. Idarabat ta nom <https://doi.org/10.1155/2016/7170610>



## Nasahi ta tahsin mawagif ta nomtaki

Asan bekun indu nom sahi wa manash, fi bagi ijrahat mumkin inta besilu wa bagin mayamulu. De gaima asan besaidu inta asan bekun indu nom ta lel kueis:



### Amoul

- ✓ **Rotini:** Kalak rotintaki barak. Zei masel, mumkin tasaidu tagus sukeir elinta bamoulu gable nom, ze iklak ta kulu ajaza ta ilektroniya, gulu lel jamil le ababek, labisu malabis marieh, asma le musika aw kalam baraha ma zol besaidu inta be nom.
- ✓ **akfilu shababik ta sukol:** Wagif sukol aw fikra ta sukol fi zamen elmakatat. Le bagi nas, eltaktit ta kutu aw jiduol le yom eltani besaid asan bekun indu tamkuin ta fikra wada le aja matwaga le yom eltani.
- ✓ **bieha ta nom:** Galilu awamil ta bieha elmukin tatel nomtaki gader imkanek Zei masel, gomu be insha ta gurfa madalama wa adi aw indu saptaki aw zol ta osra yakun ma inta lo de yawu inta deir Kut fi balek inu istikdam samahat aw gana ta nom. Kalik matik inu eldarja arara ta gurfa murieh le inta. Be gudur imkan taki, istakdam makadat wa maratab.
- ✓ **Istakdam serir nom taki.** Asen le inta tastakdam serir bas le nom wa matamoul ajat tani fiw ze mashaida ta tilfizion aw istikdam ta combuiter aw akil. Be terika de, inta rabot elserir be nom.
- ✓ **Gom lo in ta ma benom:** Inta lo ma benom fi kilal 20-30 degiga, gom fuok wa amoul aja istarka bara elgurfa wa arja fi serir lo begit taban. De mumkin yashmil tamrin ta istarka. Ma tasufu elsa lo indu asan benumu.
- ✓ **tagniyat ta istirka:** Inta lo daeir takun fi serir, istakdam bagi tamrin ta istirka ze nafas, aw eltamrin aw elistirka tedribi ta adalat (sufu elnasharat).
- ✓ **tamrin yomi:** Amoulu badh min tamrin yomi fi kilal 30 degiga asan yarfa darbat ta galibtaki. Ma tamoul tamarin riada eltagila gable serir lanu de mumkin yakali jisimtaki yagomu fuok. Kueis inu tamoul badh min tamarin istarki tamam ze tamrin elitala
- ✓ **giraya:** Bagi nas beligu girya ta kitab kueis gable nom
- ✓ **Jiduol ta nom** Arif jiduol ta nom wa awil takunu fiw lo bitakder Masel ze mashi nom wa gom fuok yomi fi nafsa zamen



### Kali

- **shasha:** Wagif tashkil kulu ajaza elctroniya wa ajaza ta combuiter wa telefonat wa ismat fones, wa labat ta fidiohat be sah wahid gable mashi tanum. Elajaza del tahfiz jahaz asabitaki, elaksi le aja inta daeir Afdel inu matanum wa telifizion wa shasha laptop fata
- **akil:** Matakul makaulat tegila gable mashi nom, asan tanum daeir jisimtaki yakun begder le jad la hazom eltaham. Inta lo daeir takul gable serir, takul aja sukeir
- **kaffein:** Ma takul kaffein wa manashatat eltaniin gable nom ze shay alasuod, aw gawa aw shukulata aw mushrubat ta taga. De kues inu wagif elsual gable sahat besit
- **Stressful Telefizion/wasail tawasul ijtimahi:** Ma tasufu wa tasma le akbar, barnamij ta telefizion aw wasul ijtimahi elbamule inta nafsiat gable nom, belakas inta sakin fi makan ta masakil aw makan ta nafsiat
- De besaid lo abet tanum be nahar lanu jisimtaki bekun taban shedid be lel

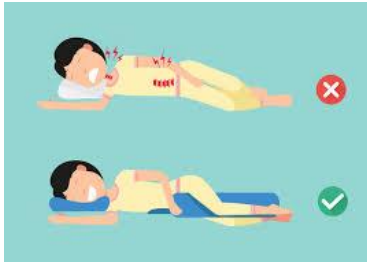


## Mwagif ta nom

Elhom wa elinzahaj shaha besaidu fi gala ta nom Eltehed del de wisiyat besita fi makan elbesaidu fi inhsa raha ketir wa bakalik inta takun indu nom keuis

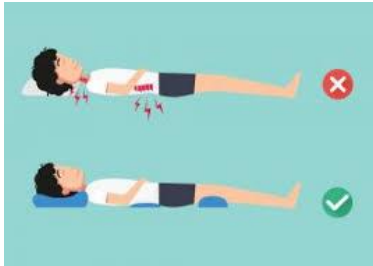
### Num fi tijataki

Lo kutu makata bene kureentaki besaidu asan yami dahar wa waja ta fakaz eljay min laf ta lel



### Num be dahartaki

Kutu makata tehet ta kureentakin wa tehet ta rastaki asan besaidu ragebataki Inta mumkin takut mashkil sukeir tehet mahal sukeir fi dahartaki



### Nom be botuntaki

Elterika de mumkin yakun gawi le dahartaki Asan yakafif e; tahab fi dahartaki mumkin be kut makada tehet fakestaki Inta mumkin tastakdem tehet rastaki lo murtafi fiw



Lo inta mahindu makdat ketiir, elbeshkil lifu aw wasada mumkin beistakdamu



Maraj awa giraya ketiir

1. Healthy Sleep In Adults. [El-nom elsahi indu kubar], American Thoracic Society
2. <https://www.thoracic.org/patients/patient-resources/resources/healthy-sleep-in-adults.pdf>
3. How to get to sleep; [Keif inta benumu]; NHS (National Health Service – UK) - <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>
4. Libman, E., Fichten, C., Creti, L., Conrod, K., Tran, D. L., Grad, R., Jorgensen, M., Amsel, R., Rizzo, D., Baltzan, M., Pavilanis, A., & Bailes, S. (2016). Refreshing Sleep and Sleep Continuity Determine Perceived Sleep Quality. [El-nom elmanahash wa istimrariya ta nom yadedu joud nom ta matsura]. Sleep disorders, 2016, 7170610. <https://doi.org/10.1155/2016/7170610>
5. National Heart Lung and Blood Institute. (2011, September). In Brief: Your Guide to Healthy Sleep. [Beliktisar: Deliltaki le nom elsahi] Retrieved December 21, 2020, <https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf>
6. Your Guide to Healthy Sleep; [Deliltaki le nom elsahi]; <https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf>