

Somali

Wargeyska SBIRT - Febraayo 2024

CAADOOYINKA HURDADA

SBIRT Check Yourself ee Dugsiyada Dadweynaha Seattle, xogtaada waxay soo jeedinaysaa in **49%** ardayda SPS 7-9aad in **aaney helin** hurdo ku filan!

DULMAR

Hurdo ku filan oo aan helin waxay saameyn kartaa awoodda ardayda si ay u xafidaan macluumaadka, xafididda, diiradda saaraan, iyo barashada.

XAQIIQO

Shaqada guriga, waxqabadyada manhajka ka baxsan, jidhka oo beddela, iyo wakhtiyada hurdada hore, way ku adkaan kartaa dhalinyaradu inay hurdo ku filan helaan. Laakin samaynta jadwal joogto ah oo aad ku adkaysato, cunto caafimaad leh oo aad jimicsi samayso maalintii, iyo ka fogaanshaha caffeine/alkolada/darogada, ayaa ku caawin karta!**

QALABKA

Qorista qoraalka, ciyaaraha, baraha bulshada, iyo galgalad intarneedka waa hurdo aad u daran. Kuwani waxay ilaalinayaan dhalinta feejignaan iyo iftiinka buluugga ah ee shaashadaha ayaa maskaxda ku khiyaaneeya inay u maleeyaan inay tahay maalin. La socodka isticmaalka aaladaha PM waa hab aad wax ku ool ah oo lagu wanaajiyo hurdada.

BAAQ HAWLGAL

Kala hadal ilmahaaga muhimada ay leedahay hurdadu! Ka caawi inay helaan hab ay ku celceliyaan habeen kasta (sida dhaqidda, joornaalka, akhrinta, ama iskala bixinta), jadwal dib u jadwalkooda wakhtiga hurdada, oo ka caawi inay ku dhegganaadaan qorshaha cusub - xataa maalmaha fasaxa ah.****

* Hurdada 101, Brigham iyo Isbitaalka Haweenka Qeybta Hurdada & Xanuunada Circadian & Saacadaha Caafimaadka, 2024

** Jaamacadda Washington Medicine, Harborview, 2022

***Xarunta Caafimaadka Ardayda, Jaamacadda California Santa Cruz, 2023

**** Dugsiga Harvard ee Waxbarashada Joogta ah, 2021