

## Ila soo xidhiidh

**Su'aalo Degdeg ah**  
**Ama cabashooyin**  
Telefoonka caafimaad  
ee Kalkaalinta  
651-229-3890

**Su'aalo Kale**  
**Oo ku saabsan**  
**Daryeelkaaga**  
Rugta bukaanka St. Paul:  
Khadka Wicitaanka  
Kalkaalisaada  
651-578-5000

Bukaanada jooga Goobaha  
Kale:  
Kala xidhiidh lambarka  
Kooxdaada daryeel  
caafimaad Gillette.

**Ballamo**  
651-290-8707

## Muhiim ah in la ogaado

Dhaafi ilmahaaga saacad waqtigii hurdada caadiga ah maalinta ka horraysa baaritaank.

## Buugaag, DVD-yo iyo kabadan

Raadi qalabka ku saabsan Naafada, xaaladaha caafimaad Iyo taageerada daryeel bixiyaha.

**Khayraadada caafimaad iyo Waxbarasho**  
dhismaha jaamacadda St. Paul, ee u dhaw dabaqa afaraad skyway  
**651-229-3938**  
hre@gillettechildrens.com

# Tilmaamaha EEG ee Hurdo La'aanta

EEG Instructions for Sleep Deprivation | Somali

waxbarashada bukaanka  
PTT032-SO

## Qodobada Muhiimka ah

- Ha siin ilmahaaga kafa'iinta ama sonkor 12 saacadood ka hor baadhida.
- Waad maydhi kartaa timaha ilmahaaga kahor baaritaanka laakiin ha isticmaalin dawooyinka timaha.

Electroencephalogram wuxuu caawiyaa in uu baadho shaqada dhaqaaqa maskaxda. Fiilooyin baa lagu xidhiidhaa guudka madaxa oo diiwaan geliya degdega korantada. Hurdo la'aan (aan haysan hurdo ku filan) oo xaalad luloonaya ah waa muhiim caawinteen sidii helid badan oo ka timid mashiinka wadnaha baadhidiisa sida suuragalka ah. Si aad ugu diyaar garayso ilamahaaga EEG, fadlan raac tilmaaha ilaa inta kartidaada ah.

## EEG hurdo la'aan (da'da 24 bilood ama ka yar)

- Toosi oo ka ilaali hurdada sadex ilaa afar saacadood ka hor jadwalka ballanka.
- Keen dhalo, dejiye, ama wax kale oo ka caawin kara ilamahaaga in uu nefiso.
- Sug in aad quudiso ilmahaaga ilaa aad ka soo gaadho shaybaadhka.

## EEG hurdo la'aanta (da'da 25-36 bilood)

- Toosi oo ka ilaali hurdada afar ilaa shan saacadood ka hor jadwalka ballanka.
- Keen dhalo, dejiye, ama wax kale oo ka caawin kara ilamahaaga in uu nefiso.

## Hurdo la'aan (da'da 4 sano iyo ka wayn)

- Toosi oo ka ilaali hurdada lix ilaa sagaal saacadood ka hor jadwalka ballanka.

## Tilmaamaha Carruurtood dhan

- Soo jeedi ilmahaaga ilaa hal saac ay dhaafto inta caadiga ah xiliga jiiifka oo HA siin wax seexiye ah (dawada hurdada) 24 saacadood gudahood oo baadhida ah.
- Isku day in ilmahaagu soo jeedo ilaa intuu ku sii socdo goobta caafimaad.
- Sii wad siinta dhammaan dawada (iyaddoo haddii kale uu kugula talaliyo dakhtarka ama kalkaalisaada ilmahaagu mooyee).
- Ha siin ilmahaaga kafa'iinta ama sonkor (soodhaha, shokolaato, ama buskud) 12 saacadood ka dib baadhitaanka.
- Maydh oo qalaji timiha ilmahaaga. Ha isticmaalin jelka habaynta, saliida, ama wax soo saarka kale.
- Wac jadwal samaynta bukaan jiiifka(651-229-3995) su'aalah ama haddii aad u baahantahay in aad jadwal dib ugu samayso.