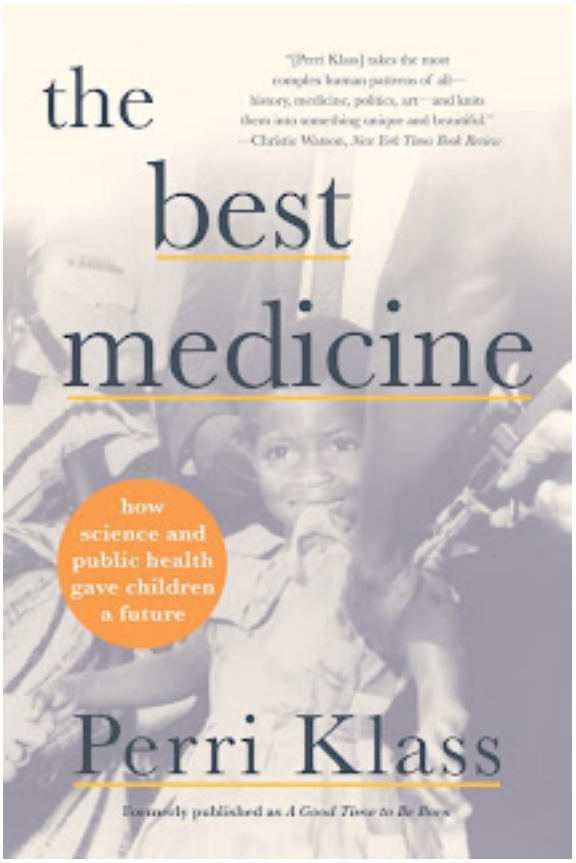
تأثير نوم الأطفال في نمو الدماغ والتعلم والصحة النفسي



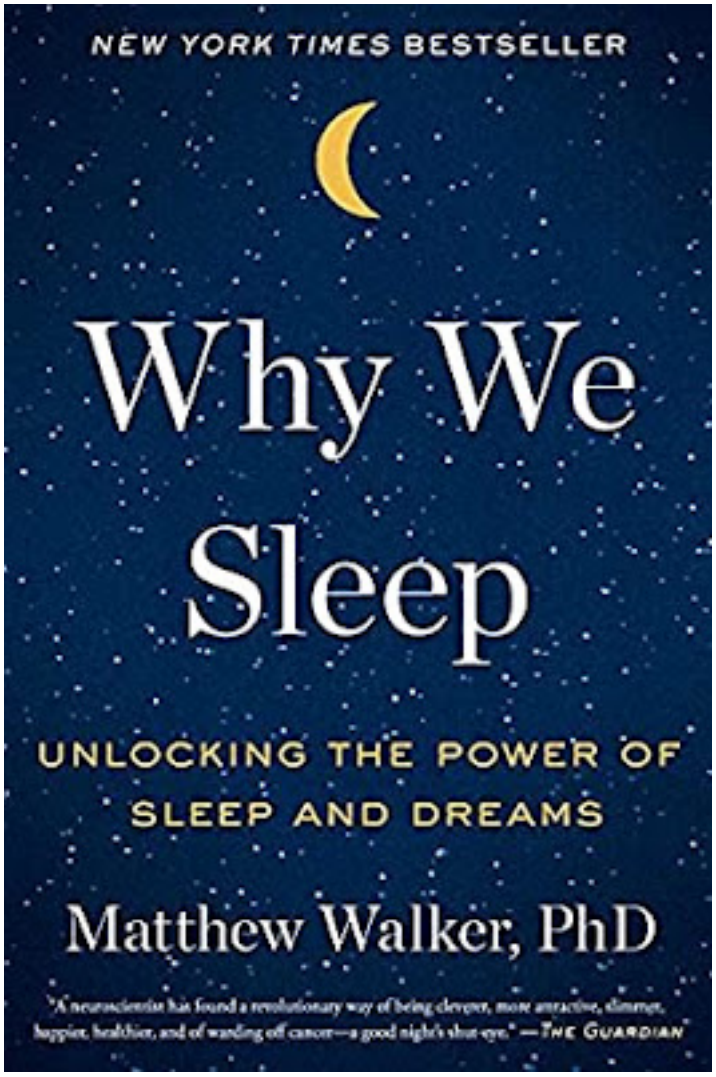
???? ???? ???? (Perri Klass)? ????? ??????? ?????? ???? "???? ????... ??? ???? ????? ?????? ?????? ?? ???

??????? ???????? ????" (The Best Medicine: How Science and Public Health Gave Children a Future): "????? ??? ??????? ?? ???? ???????? ???? ???? ?????? ???????? ????? ????? ????? ?????? (??? ????? ?????? ?? ?????)? ?? ????? ?????? (?????? ??????? ??? ??? ????? ?????)? ?? ????? ???? (?????? ??????? ??? ???? ???? ?????). ???? ????? ?? ???? ???? ?????? ?????? ????? ???? ????? ????? ???????? ??? ????? ????? ??????? ??? ?????? ????????? ??? ????? ???? ?????? ?????? ???????? ??????? ??? ?? ??????? ???????."



?????? ?????? ???? (Matthew Walker)? ????? ??? ??????? ???? ????? ?? ????? ???????????? ??????? ????? ???? "????? ????: ????? ?????? ????? ??????? ????? ????????"? ?????? ??????? ?? ??? ????? ??????? ?? ?????? ??????? ???????? ?????? ?????? ????? ???? ??????? ?????????

????? ??????? ??????? ??? ??????
?????: ????? ????? ????????? ??????.


NEW YORK TIMES BESTSELLER
Why We Sleep
UNLOCKING THE POWER OF SLEEP AND DREAMS
Matthew Walker, PhD
"A neuroscientist has found a revolutionary way of being cleverer, more attractive, slimmer, happier, healthier, and of warding off cancer—a good night's shut-eye." —THE GUARDIAN

??? ??? ???????? ??? ????? ??????
??? "????? ?????" ??? ???? ?????? ??
???????? ?? ????? ????? ???????
????? ??????? ??? ??????? ????????
??????? ???????? ????????? ??
?????? ??????? ???????? ??? ??
?????? ??? ????? ?? "???? ?????
???????" ???? ??? ????? ?? ??? ??????
?? ???????? ?? ???? ????? ????
??????? ???????.

??? ???? ???? ?? ????? ??? ?? ???
????? ?? ????? ??? ??? ?????? ?????
??????? ????? ?? ??? ????? ?????
?????? ?????? ??????? ????????
????? ????????????? ?????????
??????? ????? ?? ?????? ?? ???? ???
????? ????? ????????? ????? ??????

???? ?? ????? ??????.

??? ?? ??? ????? ?? ??????? ?? ???
????? ??? ????? ??? ??????? ??? ????
????? ???????? ?????? ?? ????? ???
???????? ?? ??? ?????? ?? ????
??????? ??? ?? ??????? ???? ??
?????? ???? ???? ??? ????? ??
??????? ???? ????? ??? ?? ??? ????
??? ??????? ??? ?? ?????? ??? ?????
?????????? ??? ?????? ???? ?????
?????? ??????? ???? ???????.

?? ??? ????? ?? ??????? ?? ?????
????? ?????? ???? ????? ????? ???
?????? ???????? ???? ????????
??????? ?????? ??? ??? ????? ???????
??? ???????. ???? ??? ?????? ?????

??????? ???????? ?????? ??????? ???
????? ?????? ???? ?????? ??????? ??
????? ?????????? ???????? ???????
??????? ????? ??????? ??? ???????
????????? ??????? ???. ??? ?????
????? ???? ???????? ??? ????? ??????
?? ???????? ??????? ?? ?????? ???
??? ??????? ???? ??????? ??????
???????? ???????? ??? ???????
?????? (???? ?????) (1)? ??? ???? ??
??????? ????? ?????. ???? ??
???????? ?? ?????? ?????? ?????? ??
?????? ??? ???? ?????? ??? ?? ????
?????? ?? ????? ????? ??? ?????
??????? ??? ??? ?? ?????? ??? ?????
?????? (2)? ?????? ???????? (3)?
?????? ?????????? (4)? ????? ?? ????
??????? ?????? ???????? ??? ????

???????? ???? ???? ??? ?????
???????? ????? ??????? ????????
???????????? ????????????. ??? ???
???????? ????? ???????? ?????
??????? ?? ??? ????? ?????? ???????

????? ???????

????? ??????? ??? ????? ????? ??
?????? ?? ?? ??? ??? 17 ???? ??????
??? ?????? ??? ?? ????? ????? ?? ???
????? ?? ?????? 18 ????? ??? ??? 10
????? ?? ????? ?????? ????? ??????
??????? ??? ??????? ???????? ???? ??
???????? ???????.

??????? ?? ?? ????? ???????? ??????
??? ?????? ????? ????? ???? ?????

????? ????? ?? ?? ????? ?????? ?????
???? ????? ????? ??? ??????? ???????
????? ??? ??????? ??? ??????
?????????? ????? ?????? ?????????
??????? (5)? ???? ????? ?? ????? ????
????? (Sleep Pressure)? ?? ??????
??????????? ????????? ??? ?????
???? ???? ???? ?????????? ?? ??????
??? ?????? ???????? ??? ????
??????????? ?????? ????? ?????? ??
???? ????? ???? ????? ??? ?????. ???
???? ???????? ??? ??????? ?? ???
????? ??? ????? ?????? ???? ???
??????? ?????? ?????????? ??? ?????
????? ?? ??? ????? ???? ?????? ???
?????? ??? ?????????? ?? ????? ??
???? ????? ???????? ????? ?? ??? ???
13 ?? 14 ???? ??????. ?????? ???

?????? ??? ?????? ??? ??????? ??
????? ?????? ??? ????? ????????
????? ?? ?????? ??? ???????? ??????
?? ?? ?????? ???? ?? ????? ?????.

"??? ????? ???????? ?? ????? ???
??????? ????? ????? ???? ????? ?????
????? ???? ???? ???? ??? ???? 24
????? ?? ????? ??? ??? ????? ??
?????? ?????? ??? ?????? ?? ???????
??????? ????????? ???? ????? ?? ????
????? ?? ?????? (6). ????? ??? ???????
????? ??????? (hippocampus)? ???
????? ?????? ???? ??? ?????? ???? ??
?? ?? ???? ??????? ????? ?????
??????? ?? ?????? ????????. ??????
?????? ?? ??? ?????? ??? ?????
??????? ???????? ??????? ?????".

????? ?????? ????? (Rebecca Spencer)? ?????? ??? ??????? ???????? ?????? ?????????? ??????? ??????? ???? ???? ????? ??????? ????? ?????. ????? ??? ?????: "?? ?? ??? ?? ?????? ?????? ????? ??? ?? ??????? ????? ????? ?? ?????? ?????? (7)? ???? ???? ?????? ???? ????? ??????? ?????? ????????? ???????? ???? ???????".

??????: "??????? ??? ???? ?? ???? ???? ??? ????? ????? ??? ???????? ??? ????? ?????????? ??????? ?? ?????? ?? ?????? ??? ?????? ??? ????? ?????? ????? ?????? ???? ??????? ??? ????????? ???? ???????." ?????? ??????? ???????? ???? ???? ?? ????????? ???????? ??? ?? ???????

???????? ????? ?? ??????? ????? ??
?????? ?????? ??? ??????? ?????? ???
???? ?????? ????? ???????? ??
?????????. ????? ????? ?? ?????
???????? ?????? ?????? ??? ??????
????? ??? ?????? ?? ???????
????????? ?? ??????? ?????? ????
???????.

???? ??????? ???? ?????? ????? ??
??????? ????? ?????? ??? ???? ?????
????? ??????? ??? 80% ????? ???????
???? 30% ??????? ??????? ????? ??
??????. ??? ??? ??????? ????? ??
?????? ?????? ????? ??? ????? 10% ??
???????? ??? ??????? ???????
???????? ????? ?????. ??? ?? ????
???? ????? ?? ?? ??? ????? ?? ???????

????? ??? ????? ??????. ?????: "??? ???? ?? ????? ????? ??? ????? ??? ?????? ??????? ??? ????? ????????? ??????? ?? ??????." ??????: "?????? ???????? ???????? ???????? ??????? ???? ??? ??? ???? ????? ?? ????? ??????? (7)? ??? ?? ?????? ???????? ?? ?????? ?????? (8) ????? ?????."

??? ????? ????? ???????? ??? ????? ?????????? ?? ???? ????? ??? ??????? ???????????? ??? ???????? ???????? ???????? ???????? ???? ????? ?? ??????? ???????? ????? ?????? ???? ?? ??????? ??? ???????? ????? ?????? (9)? ????? ??? ????? ????????? ?????????? (????????) ?? ??? ??????? ?????? (10). ????? ??? ??????? ?? ????

???????? ??? ????? ?? ?? ?????? ??
????? ?????? ???? ????????.

???? ?????: "????? ??????? ???? ?????? ???????? ?????? ???? ??????? ????????????? ???: "??????? ??? ??? ?????? ???? ?? ???? ????" ?? " ??? ??? ????? ??????? ??? ???????."

??? ????? ???????? ?? ?????? ?? ??? ????? ????? ??????? ??? ????? ?????????? ??????? ?? ???? ?????? ???? ????? ????? ???? ?????? ????????? ??????? ???? ???? ???? ?? ??? ????? ????? ???? ??????. ?????? ??? ?????? ?????? ?? ???? ???? ??????? ??? ?? ???? ??? ???????. ??? ??????? ????? ?? ?????? ??????? ???

????? ????? ???? ?????????? ??????
???? ??????? ?? ?????? ????????? ??
?????? ???? ???? ???????? ????????
?? ???? ???????."

????? ??????

??? ???? ??????? ??? ?????? ?? ????
??? ?????? ?????. ???? ???????? ????
?? ???????? (Laura De Girolami)?
????? ??????? ?? ?????? ???????
?????? ??????????? ???? ????? ??
????? ?????? ????? ?? ?????? ??????
?? ?? ????? ??? ???????? ??????:
"????? ?????? ????? ?????????, ??
??? ???????? (11) ????????? ????????
(12)? ??????? ????????? ??? ???
???????? ??????? ???????? ??????

????? ????? ?????????? ????? ??
?????? ??????? ??? ?????? ???????
??? ????? ?? ????? ???? ????????
???? ?????? ???????? (14)? ????????
?????? ?????? ?????? ?? ???? ??????
?? ?????."

????? ????? ?????? (14) ????? ???????
???????? ???? ????? ??? ??????
???????? (15) ???????? ????? ??????
???????? ????? ??????? ????? 45 ?????
?? ???? ????? ?????? ??????. ??????
?? ????????: "?? ???? ??? ????? ???
?????? ????? ????? ????? ????? ?????
??????? ??????????. ???? ????? ??
???? ????? ??????? ???? ????????
????? ?? ???? ????? ????? ?? ???? ??
?????? ????? ?? ??????." ??????

??????? ??? ??????? ????? ?????
????? ???? ??? ?? ???????? ?????
????? ???????? ?????? ????? ??????
??? ????? ????? ???????.

?? ????? ???????? ?????? ????
???????? ?? ??????? ???????? ?? ???
??? ?? ????????? ?????? ?? ??????
??? ?? ?????? ?? ???? ????? ??????
???? ??? ????????? ???? ??????
?????? ?????. ??? ????? ??? ???????
??? ??????? ??????. ??????? ?? ??
??????? ?? ?????? ??????? ??????? ??
????? ?????? ?? ?????? ???????
??????? ??????????? ??? ?????? ??
?????? ????? ??? ???????? ??? ??????
??? ??????? ?? ?????. ??? ???? ????
????? ????? ??? (Denise Clark Pope)?

???????? ???????? ?? ???? ????????
?????? ??????? ?????? ????????? ?????? ???? ???????? ?????? ??????? ?????? ???????: " ???? ?? ????? ?? ???? ?????? ??? ??? ???? ?? ?????? ????? ?? ???? ?? ?????? ?? ???? ??????? ????? ???? ?????? ??? ?? ??? ????? ???? ????????."

??? ??? 2001? ????? ??? ?????? ?????? "??????? ??? ?????: ??? ????? ????? ?? ???? ??????? ??? ???? ?????? ???????? ?? ?????? ????????" (Doing School: How We Are Creating a Generation of Stressed-Out, Materialistic, and Miseducated Students) (16). ????? ?????? ????? ?????? ??????? ??? ?????? ??? ???? ?????? ????????

??????? ??? ???????? ????????
?????? ??????? ??? ???? ??????
??????? ?????? ?????? ???????.

??? ?????? ????? ???? ????? (17)
????? ?? ????? ?????????? ????????
??? ??????? (AAP) ??? 2019 ?? ??? ???
??????? ?? ???????? ???????? ?????
?????? ??????? ??? 6 ?17 ??????
?????? ??? ??? ???? ?? ?????. ?????
??????? ?? ???????? ????? ?? ??????
??? ??? ????? ?????? ????? ??? ??
?????? ????? ???????? ?????? ???
?????? ??????? ?? ???? ????? ??????
????????? ????? ???????? ????????
??????? ??? ?????? ??? ?????? ???
?????? ?????? ???????? ????????
??? ????? ?????? ???? ????????.

????? ??????? ???????? ?? ????
?????? ???? ????? ?????????? ??
?????? 2022 ??? ????? (18)? ?????
????? ??? ?????????? ??????? ?????
???? ?????. ??? ????? ??????? ???
?????? ?? ????? ?????? ???????
???????? ????? ??????? ??? ??????
???????? ????? ????????? (19) ?????
???? ????? ???? ?? 8 ???? ??? ??????
???????? ?? ??? 9 ?10 ?????? ????
????? ??????? ?????? ??? ?? ???
????? ?????. ??? ???? ???????
????????? ?? ????? ?? ???????? ?????
??????? ?????? ???? ?? ??????? ?????
????? ?????? ??? ????? ?? ????
?????? ?????? ???? ??????? ??????
????????? ?????? ?????????? ??
?????. ????? ??? ???? ???? ?????

?????? ?? ??? ?????? ???????? ????
?? ????? ?????? ???????? ?? ????????
????????? ??????? ?? ??????? (??????
?? ???????) (20) ??? ???????
????????? ?? ?????. ??? ????? ???
??????? ?? ?????? ?????? ?????? ??
??? ???????? ?? ?????? ??? ??????
???????? ?? ??????? ??? ??? ????? ??
??????? ??????.

????? ????? (21) ?????? ????? ???????
??? ??????? ???????? ???? (CDC) ???
2018 ?? ?? ??? ??? 73% ?? ????
??????? ???????? ?? ?????? ??? ???
???? ?? ?????. ????? ???: "???? ??
?????? ?????? ????? ??? ???????
?????? ????? ??? ?????? ??? ???
?????? ?????? ???????? ???????

?????. ??? ?? ???? ????? ????? ???? ???? ????? ??? ???? ?????? ????? ????? ?????."

??? ????? ???? ?????? ??? ????? ???? ?? 135 ??? ????? ????? ?? ??? 20% ?? ????????? ?????? ??? ????? ?? ??? ?? ??????? ?? ??? ????? ?? ????? ?????? ??? ?? ?????????? ????????? ??? ??????? (AAP)? ??? ???? ??? ??? ?????. ????? ????? ??? ?? ??? ???????? ??? ???? ???????? ???????? ??????? ?? ????? ??? ????? ???????? ????? ?? ?????? ????? ?????? ??? ???????? ???? ?????? (22) ??? ????? ???????? ????? ??????.

????? ?????: "?? ????? ????? ???

????? ???? ????? ??? ?????? ??
?????????. ???? ??????? ??? ????
?????? ???????? ??? ???????
???????? ??????? ??? ???????? ????
??????? ?? ????? ????? ?? ???
??????????. ??? ?????? ?? ??? ??
?????? ??? ????????? ?? ????????
?????? ?????? ?? ???? ?? ????????
????? ????? ???????. ?????? ???????
???????? ???? ???????? ????? ??? 45
????? ?????? ?? ????? ??? ?????? ???
??????? ????? ???? ???? ?????
??????? ??? ???????? ??. ?????? ???
????? ?? ??????? ??????? ??????
?????? ??? ???????? ???? ?????? ???
??? ?? ????? ??????? ????? ??????
(23)? ?????? ??? ???? ???? ??????
????? ??? ?????? ????? ?? ???

??????? ????????.

????? ???????

???? ??????? ?? ?????? ????????
?????? ????? ??????? ??????
???????? ?????????? ?????? ?? ?????
???????? ??? ???? ???????
??????????? ??????.

???? ?? ????????: "????? ????????? ??
??? ?????? ??? ?????? ?? ??????????.
?????? ?????? ?????? ????? ???? ???
??????? ??????? ????? ?????? ??? ???
?? ??????? ???? ????? ?????? ?? ????
??????? ?????????? ?????? ????? ??
???? ??? ??????? ??????? ??? ????
???? ??? ????? ??????? ??? 24 ????.

??? ?????? ???? ?????? ??? ???? ??????? ???? ?? ?????? ???????? ?? ??? ?????? ?? ???? ??? ???????. ???? ?? ????? ?????? ??????? ?????? ????????? ??????? (phenomenon of immediacy)? ???? ???? ????????? ????? ????? ?? ???????? ?? ??????? ???? ??????? ????? ????? ??? ???????? ?????? ??????."

????? ??????? (24) ????? "????? ???? ?????" (Common Sense Media) ??? ???????? ???? ?????? ??? 2019? ?? ??? ??? ????????? ?????? ???????? ???????? ???? ??? ???????. ??? ???? ?????? ?????? ????? (25)? ????? ?? ???? ??????? ????????? ??? ??????? JAMA) (Pediatrics ??? 2016? ??? ??

??????? ??????? ???????? ??? ?????
???????? ?? ?? ??? ?????? ????? ????
????? ????? ????? ?????.

???? ???: "???? ????? ????? ???? ???
??? ????? ?????? ??? ????? ????
????? ????? ?? ???? ????? ??? ??????
??????? ???? ??? ??????. ?????? ????
????? ????? ???????????? ???? ?????
?????? ??? ????????? ??????? ?????
????? ?????? ??????? ??????? ???
?????. ??? ?????? ?????? ??? ?????
?????? ??????? ???? ???????? ??????
??? ???? ????? ?????? (26)."

?????? ???? ??? ?? ?????? ??????? ??
???? ??????? ??? ?????? ??? ???????.
??????: "???? ???? ??????? ?? ????

??? ???????? ?? ???? ??????? ???????
????? ???? ???? ???????? ??????
????? ??? ???? ????????" ?????? ??
????? ????? ?? ????? ????? ?? ??????
??????? ??????? ?? ????? ??????
??????? ???? ??????? ??????? ??????
??????? ??????? ??????? ???????. ???
?????? ????? ???? ???? ???? ???? ???
?????? ????? ?? ????? ??????? ??
????? ?????? ?????? ??????? ??????
???? ???? ??? ??????? ?? ??? ???
????????? ?????? ?????. ????? ????
?????? ???? ????? ???? ??????? ???
??? ???? ?? ??????? ??? ??? ????? ??
???? ??? ????.

????? ?? ????? ??? ?????? ?????
????? ????? ??????? ???? ?? ????????

?? ?????? ????????? ????? ??? ??
????? ????. ??? ??????? ????? ??? ???
?? ?????? ?????? ???? ?????? ???
??????? ?? ????? ????? ???? ?????.

???? ??????? ?? ??? ??????? ???????
?????? ????? ??????? ???????
????????? ????????? ????? ???????
??? ?????? ??? ???????? ???? ???????
??? ?????? ??? ????? ????????? ???.
??? ?????? ????? ????????
???????????? ????? ????? ??? ???????
????? ?????? ?????? ??????
????????? ??? ??????? ???? ???
?????. ??? ???? ????? ???? ???????
?????? ??? ??????? ????????
????????? ???? ???? ???.

????? ??????? ?????? ??????? ??????
??? ?????? ??? ????? ??? ????????
????????? ???? ???? ???? ??? ??????
???????? ?? ????? ??????? ?? ????
?????? ???????. ???? ???? ?????? ???
???? ????? ????? ??? ?????? ???
?????? ??????? ?? ?????? ??? ???????
???????? ??????????. ??? ????????
???? ?? ???????? ???? ??????
????????? ???? ??????? ????? ??
"????? ???????? ????? ????? ???????
???????? ??????? ?????????? ??????"
(27). ?????? ?? ???? ????? ?? ?????
??????? ?????? ???? ????? ????? ???
????? ??? ?????? ??????? ??
????????? ??? ?????? ?? ?????? ???
????????. ?????: "????? ????? ??????
?????? ??? ??????? ???? ????? ?????

??? ?? ??? ????? ?? ???". ??? ???? ??
???? ?????? ?????? ????? ??? ??
????? ?????.

????? ???: "???? ??????? ??? ??????
????? ????? ??????? ???? ?? ????????
?? ?????? ???????? ?? ??? ?? ?????
?????. ??? ????? ????? ??? ???? ????
??? ???? ???? ????? ??? ??? ??? ???
?????".

????? ????? ??????? ??? ?? ?????
???????? ?????? ?? ?????? ?? ?? ????
????? ???? ???????? ??? ?????? ???
?? ????? ?? ???? ?? ???????? ???????
?? ???? ????? ????? ???? ??????.
?????? ????: "????? ??????? ???????
?????? ?? ?????? ?????? ?????? ???

?? ????? ???? ?? ??? ???? ????? ???
?????????? ?????. ??? ???? ????? ???
??? ???????? ???? ??? ??????? ????
???? ????? ??????? ??????? ???? ??
???? ??? ????? ??? ?? ??? ?????? ???
???? ?? ????????? ??? ??????? ?????.
??? ????? ??? ?????? ?? ???
?????????? ????????? ???? ?????
????? ??? ???? ???????? ???? ????
?????? ???????? ????? ??????? ????
????? ???????? ?? ??????? ????
??????. ??? ???? ????? ????? ?????
????? ????? ??????? ?????? ???? ??
??????? ?? ??? ????????"

?? ????? ??? ???? ??? ??? ??? ????
???? ???? ???????? ???? ?????
?????? ???????? ????? ?????? ??

?????? ???????? ????????. ?????? ??
?????? ???????? ??? ??????? ?????? ??????
?? ??? ????????."