

Joogteynta 9pm/#9 pmRoutine

Ka qayb qaado sidii aad naftaada, qoyskaaga iyo gurigaaga uga ilaalin lahayd dembiyada guriga. ku buuxi alaarmiga taleefankaaga 9-ka fiidkasta oo ka mid noqo # Joogteynta 9pm/9PM Routine.



Faaruij sanduuqaaga boostada kana soo saar baqshqadaha daaradda ama balbalada.



Daar nalalka dareenka dhaqdhaqaaqa ku shaqeeya ee dibadda.



si fiican u xidh una xaree shay kasta oo daaradda yaalla.



Xir oo quful geerashkaaga, beerta sheekada, maqsinka daaradda, albaabada iyo daaqadaha.



Ka saar alaabta qaaliga ah baabuurkaaga, hubi in daaqaduha iyo albaabadu xidhan yihiin.



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