

# Concussion & Sleep

- Changes in sleep are common after a concussion. You may have trouble falling asleep or staying asleep. You may also sleep more or feel more tired during the day.
- Sleep changes can impact your mood, your ability to think or concentrate, and your ability to perform daily activities. Poor sleep may also lead to headaches.
- Getting enough good quality sleep is important for recovery after a concussion.

## What factors contribute to sleep problems?

- Changes to brain networks that control sleep
- Physical symptoms (e.g., pain or headache)
- Changes to one's usual daily activities
- Changes in mood (e.g., anxiety or sadness)
- Stress about work, school, or life pressures
- Side-effects from medications

### Why is good sleep important?

**Help your brain heal:** good sleep helps the brain repair damage and function properly.

**Improve how you feel:** good sleep helps maintain a healthy brain and positive mood.

**Improve how you think:** good sleep helps you learn, concentrate, and solve problems.

## How can sleep problems be managed?

### Healthy Sleep Hygiene

Strategies to help **promote healthy sleep** include:

- Go to bed and wake up the same time every day
- Have a bedtime routine
- Keep bedroom cool & dark
- Avoid electronics at least 1 hour before bedtime
- Limit daytime naps

### Counseling

Cognitive Behavioural Therapy (CBT) helps **correct unhealthy thoughts and behaviours** that lead to poor sleep. It involves:

- Changing sleep habits
- A strict sleep routine
- Practicing relaxation skills
- Creating more positive attitudes towards sleep

### Medication

Medications or supplements may be helpful for **severe or persistent sleep problems** after a concussion.

You should discuss the role of medication with your doctor, including timelines and potential benefits and side-effects.

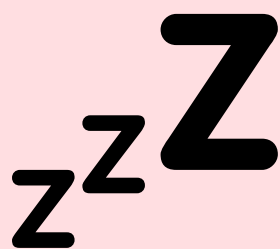
# Healthy Sleep Hygiene

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- Getting enough good quality sleep is important for recovery after a concussion.
- Healthy hygiene strategies can help [promote healthy sleep](#).

## What are some headache management strategies?

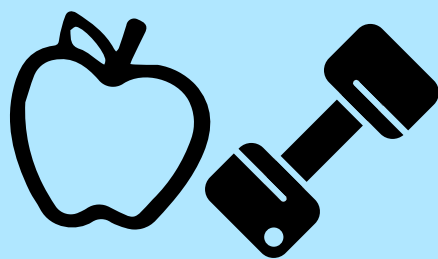
### Healthy Habits for Good Sleep

- Go to bed and wake up the same time every day
- Have a bedtime routine for 30-60min before bed
- Limit daytime naps
- Limit to 1 nap per day for max. 30min and before 3:00pm



### Nutrition, Exercise and Lifestyle

- Avoid caffeine, sugar, heavy meals, alcohol, exercise, and electronics before bedtime
- Exercise 20-30min/day to promote sleep
- Add vitamins to diet to promote body's melatonin for sleep



### Sleep Environment

- Keep bedroom cool & dark
- Reserve bed and bedroom only for sleep
- Other activities (reading, TV, internet) should be done in another room

