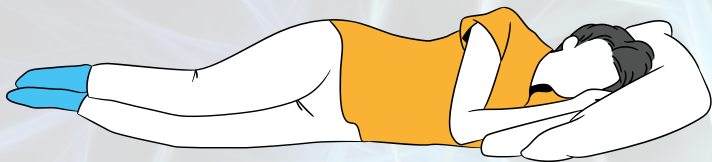


SLEEP



The American Academy of Neurology reports that as many as **40 to 65 percent** of people with mild traumatic brain injury complain of insomnia. Lack of sleep has a negative effect on our cognition, mood, energy levels and appetite.

LOOK FOR:

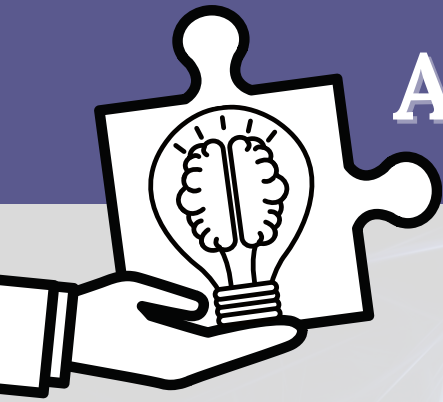


- Difficulty falling asleep at night/waking in the night and unable to fall back to sleep
- Not feeling rested when waking in the morning
- Easily wakened
- Pain or discomfort making it difficult to fall asleep



Brain Injury
Alliance

I O W A



ACCOMMODATIONS

- Keep a consistent sleep/wake schedule
- Avoid caffeine and nicotine
- Avoid eating heavy meals or foods before bed
- Exercise regularly, but exercise in late evening
- Make sure your room is very dark and quiet
- Use your bedroom only for sleep (*Do not watch TV or use electronic devices in bed*)
- Avoid long afternoon naps
- Use simple breathing exercises
- Using lavender or other essential oils as aromatherapy to assist with sleep
- If stress and anxiety are keeping you awake at night, individual therapy may help
- Consult your doctor about sleep concerns



CITATIONS

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