

# 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 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



# SLEEP ACCOMMODATIONS

- Keep a consistent sleep/wake schedule
- Avoid caffeine and nicotine
- Avoid eating heavy meals or foods before bed
- Exercise regularly, but avoid 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

[www.ndbin.org](http://www.ndbin.org) • 1 (855) 866-1884 • [info@ndbin.org](mailto:info@ndbin.org)



NORTH DAKOTA  
BRAIN INJURY  
NETWORK