

Sleep is **critical** to improving your symptoms after a concussion.

How can I improve my sleep?

- Go to sleep and wake up at the same time every night, even on weekends.
- Sleep 8-10 hours each night. For example: if you need to wake up at 6 am:
 - 9:00 pm: stop homework, turn electronics off and get ready for bed
 - 10:00 pm: asleep
 - 6:00 am: wake with alarm after 8 hours of sleep

If you are not waking well rested, shift everything 30-60 minutes earlier.

- If you use your phone for an alarm clock, turn ringer and alerts off or consider purchasing a separate alarm clock so your phone is out of the room charging, not distracting you.
- Make sure your room is cool, dark and quiet.
- Use your bedroom for sleeping only, not for TV, phone, computer or reading.
- To relax and “wind down” before bed: listen to relaxing music, stretch, use ice or heat for 15 minutes, talk to friend or relative (talk, not text).
- Naps are ok for the first few days after concussion, but after that limit daytime napping to less than 30 minutes. To help you wake up, set an alarm, wake up and go for a short walk, or drink cold water.
- Avoid caffeine (chocolate, soft drinks, tea) after 5:00 pm.
- Ask for more suggestions if you are not sleeping well.

Adapted from: Siengsukon, C., Al-dughmi, M. and Stevens, S. (2017). Sleep Health Promotion: Practical Information for Physical Therapists. *Physical Therapy*, 97(8), pp.826-836. Sleepfoundation.org. (2017). *National Sleep Foundation - Sleep Research & Education*. [online] Available at: <https://sleepfoundation.org/> [Accessed 29 Aug. 2017].

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