

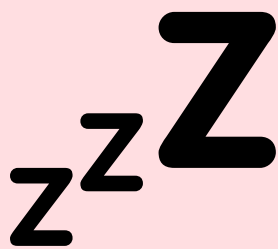
Healthy Sleep Hygiene

- 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 on 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.
- Healthy hygiene strategies can help [promote healthy sleep](#).

What are some headache management strategies?

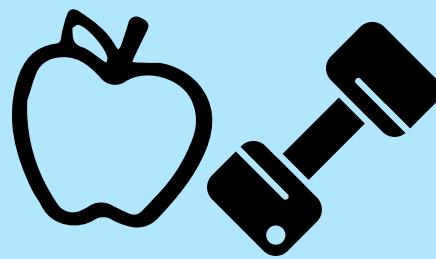
Healthy Habits for Good Sleep

- 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

