



# Sleep Recommendations

## for those with a **concussion**

### Sleep environment

- There should be no bright lights in the room (this includes alarm clocks, nightlights, etc.).
- The bedroom should be cool, dark and quiet.
- The bed and bedroom should be used only for sleep and intimate relations (avoid studying, reading, watching TV and using cell phones in bed).

### Sleep habits

- Establish a bedtime routine that includes refraining from bright lights and screen time at least 30 minutes before sleep.
- Go to bed only when sleepy.
- If you are unable to fall asleep within 20-30 minutes, get up and do something else in another room. Return to bed when you feel sleepy.
- Maintain the same bedtime and wake time every day of the week.
- Limit naps to under 30 minutes, ideally before 4 p.m., and only if needed.
- Expose yourself to natural sunlight upon waking, ideally for 30 minutes or more and throughout the day.
- Avoid caffeine 4-6 hours before bed.
- Avoid alcohol, tobacco and recreational drug intake before bed. These substances may cause frequent nighttime awakenings or lighter sleep, contributing to daytime fatigue.
- Avoid heavy meals and sugar before bed.
- Exercise regularly at a sub-symptom threshold level. Increase intensity and duration based on the recommendations of your physician.

### Sleep aids (use only if advised by your doctor)

- If you have a sleep problem that is caused by a mismatch between your sleep and wake cycle, you may be advised to take melatonin 1 to 2 hours before bedtime.
- Other medications that may be prescribed by your physician to help you sleep include: Amitriptyline, Trazodone, Zoplicem and Zopiclone.