

# CONCUSSION & SLEEP

## *What to Watch For*

### SLEEP DISRUPTION SYMPTOMS

- ☐ Trouble falling asleep (insomnia)
- ☐ Waking frequently throughout the night
- ☐ Sleeping more than usual (hypersomnia)
- ☐ Difficulty waking up or staying awake
- ☐ Feeling unrefreshed after a full night's sleep
- ☐ Changes in sleep-wake schedule (e.g., staying up much later)

### COGNITIVE & MOOED CHANGES

- ☐ Daytime fatigue or sluggishness
- ☐ Mood swings or irritability
- ☐ Difficulty concentrating or remembering things
- ☐ Increased anxiety or depression

### WHEN TO SEEK HELP FROM CSMA

- ☐ Sleep issues persist more than 2 weeks after concussion
- ☐ Symptoms are getting worse instead of better
- ☐ Daytime functioning is impaired (at school, work, or home)
- ☐ You're unsure how to support a loved one with these issues

*If you checked any of these, it's time to schedule an evaluation with a sleep specialist at CSMA. Early intervention = better recovery. As with any medical condition, always seek guidance from your medical provider.*