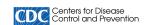
ONTRACK - TIP SHEET

TIPS FOR BETTER SLEEP

Sleep disturbance is a common symptom of concussion. If you're not sleeping well, you might become anxious, fatigued, irritable, or notice an overall decreased sense of well-being. Here are some tips that can help improve sleep.

- Establish a routine.
 - Try to go to bed around the same time every night.
 - Set an alarm to try to wake up about the same time every day—including on the weekends.
 - Limit naps to no more than 30–45 minutes during the day.
- Get enough sleep.
 - o If you are 6–12 years old: 9–12 hours a night
 - o If you are 13–18 years old 8–10 hours a night
- Get regular exercise.
- Watch what you eat and drink.
 - Avoid caffeine (no energy drinks, soda, coffee, etc.).
 - Limit caffeine, chocolate, or sugar for five hours before bedtime.
 - Avoid eating/drinking large quantities within 1 hour of bedtime.
- Create a restful atmosphere in the bedroom.
 - Reduce distractions, noise, and light.
 - Approximately one hour before bed, transition to quiet, non-stimulating activities to wind down and help you fall asleep.
 - Avoid screen use within 30 minutes of bedtime.
- Relaxation strategies such as breathing, or mindfulness techniques can help prepare you for sleep (see tips below).













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Learn more about healthy sleep habits:

- CDC sleep hygiene
- Sleep in Middle and High School Students
- 10 Tips to Help Your Teen Sleep Better

Learn more about relaxation strategies:

- Practice Mindfulness With Belly Breathing
- Relaxation Exercises: Breathing Basics (For teens)





