



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.**
 - If you are 6–12 years old: 9–12 hours a night
 - 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).**





ONTRACK – TIP SHEET



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 \(For teens\)](#)

