



Resources for the DCoE March 2016 Traumatic Brain Injury Webinar

Management of Sleep Disturbances Following Concussion

[A Head for the Future](#), a Defense and Veterans Brain Injury Center (DVBIC) initiative, educates the military and veteran communities about the importance of preventing brain injuries in noncombat settings. Resources include fact sheets, posters and a partner toolkit with social media content and a sample blog post for government agencies and nonprofit organizations that wish to collaborate with DVBIC to raise awareness. Watch inspiring videos of TBI Champions – service members and veterans who recognized their traumatic brain injury (TBI) symptoms and sought help – and consider sharing your story.

DVBIC's **Management of Sleep Disturbances Following Concussion/Mild TBI: Guidance for Primary Care Management in Deployed and Non-Deployed Settings** provides information to identify, assess and treat sleep disturbances. In addition to this clinical recommendation, the product suite includes:

- [Provider Training Slides](#)
- [Clinical Support Tool](#)
- [Mild TBI Symptom Management Fact Sheet: Healthy Sleep](#)

DVBIC's [Warfighter Sleep Kit](#) educates service members about the impact of sleep on mission effectiveness and the importance of obtaining adequate sleep after a mild TBI. The kit contains a sleep mask, earplugs and educational materials.

The National Center for Telehealth & Technology, a Defense Center of Excellence component center, developed the [CBT-i Coach](#) app for people engaged in cognitive behavioral therapy for insomnia (CBT-i) or those who have experienced symptoms of insomnia and would like to improve their sleep habits.

In [Sleep in the Military - Promoting Healthy Sleep Among U.S. Servicemembers](#), RAND Corporation explores the epidemiology and impact of sleep problems in the military and offers evidence-based interventions to overcome barriers and achieve healthy sleep.

National Intrepid Center of Excellence Satellite at Fort Belvoir, Fort Belvoir Community Hospital, physicians discuss [The Role of Sleep, Activity, and Nutrition in the Treatment and Recovery of Traumatic Brain Injury](#) in this 2015 DCoE webinar.

The newly updated algorithm for *The Management of Concussion/mild Traumatic Brain Injury*, [VA/DoD Clinical Practice Guideline: mTBI Pocket Card](#) provides a quick and concise reference.

The 2016, [VA/DoD Clinical Practice Guideline: Clinician Summary](#) is a systematic clinical review developed by a panel of multidisciplinary experts. It provides a clear explanation of the logical relationships between various care options and health outcomes.



- Department of Veterans Affairs. (2016). [VA/DoD clinical practice guideline: Management of concussion-mild traumatic brain injury \(mTBI\)](#).
- Duclos, C., Dumont, M., Blais, H., Paquet, J., Laflamme, E., de Beaumont, L., . . . Gosselin, N. (2013). [Rest-activity cycle disturbances in the acute phase of moderate to severe traumatic brain injury](#). *Neurorehabilitation Neural Repair*, 28(5), 472-482.
- Holcomb, E. M., Towns, S., Kamper, J. E., Barnett, S. D., Sherer, M., Evans, C. & Nakase-Richardson, R. (2015). [The relationship between sleep-wake cycle disturbance and trajectory of cognitive recovery during acute traumatic brain injury](#). *Journal of Head Trauma Rehabilitation*, Dec 24. E Pub ahead of print. PubMed PMID: 26709584.
- Ma, H. P., Ou, J. C., Yeh, C. T., Wu, D., Tsai, S. H., Chiu, W. T., & Hu, C. J. (2014). [Recovery from sleep disturbance precedes that of depression and anxiety following mild traumatic brain injury: A 6-week follow-up study](#). *BMJ Open*, 4(1), e004205. doi:10.1136/bmjopen-2013-004205
- Mysliwiec, V., Gill, J., Lee, H., Baxter, T., Pierce, R., Barr, T. L., . . . Roth, B. J. (2013). [Sleep disorders in U.S. military personnel: A high rate of comorbid insomnia and obstructive sleep apnea](#). *Chest*, 144(2), 549-57. doi:10.1378/chest.13-0088
- Nakase-Richardson, R., Sherer, M., Barnett, S. D., Yablon, S. A., Evans, C. C., Kretzmer, T., . . . Modarres, M. (2013). [Prospective evaluation of the nature, course, and impact of acute sleep abnormality after traumatic brain injury](#). *Archives of Physical Medicine Rehabilitation*, 94(5), 875-882. doi:10.1016/j.apmr.2013.01.001



Towns, S. J., Silva, M. A., & Belanger, H. G. (2015). [Subjective sleep quality and postconcussion symptoms following mild traumatic brain injury](#). *Brain Injury*, 29(11), 1337-1341.

doi:10.3109/02699052.2015.1045030