Sleep After mTBI

**Worldwide DoD TBI numbers:**
413,858 total

- **Mild** 82.8%
- **Moderate** 9.8%
- **Severe** 1.0%
- **Penetrating** 1.3%
- **Not Classifiable** 5.2%

Untreated sleep disorders after mTBI/concussion can:
- Worsen outcomes
- Prolong recovery

Most common sleep disorders after mTBI/concussion:
- Short-term and chronic insomnia disorder
- Obstructive sleep apnea
- Circadian rhythm sleep-wake disorders
- Restless legs syndrome
- Parasomnias

Diagnosing the correct sleep disorder and initiating the appropriate treatment...

SCAN HERE or visit dvbic.dcoe.mil for
DVBIC’s *Management of Sleep Disturbances Following Concussion/Mild TBI* for the diagnosis and management of sleep disorders following mTBI.

**References**
1. DoD website http://dvbic.dcoe.mil