



Sleep After Concussion

Service members
with TBI report

3X

more sleep
problems.¹

TBIs can happen anywhere.



Only **16.9%** of
TBIs happen
while deployed.²

Sleep problems can impact³

- Marksmanship
- Situational awareness
- Performance under pressure
- Multi-tasking

Most common sleep problems after mTBI/concussion:



Difficulty falling or
staying asleep



Daytime sleepiness



Snoring, gasping, or
choking during sleep



Difficulty waking up



Uncomfortable urge to
move legs



Nightmares, sleepwalking,
sleep paralysis



SCAN HERE

or visit dvbic.dcoe.mil
to learn how to
improve your sleep.

*If you have any sleep-related
concerns, contact your health
care provider.*



References

¹Macara, C.A., Aralis, H.J., Rauh, M.J., & MacGregor, A.J. (2013). Do sleep problems mediate the relationship between traumatic brain injury and development? *Sleep*, 36(1), 83-90. doi: 10.5665/sleep2306

²Agimi Y, Regasa LE, Stout KC. Incidence of traumatic brain injury in the U.S. military, 2010-2014. *Mil Med*. 2019;184(5-6):e233-41.

³Eitenhofer, M.L., Melrose, R. J., Delawalla, Z., Castellon, S.A., & Okonek, A. (2012). Correlates of functional status among OEF/OIF veterans with a history of traumatic brain injury. *Mil Med*, 177(11), 1272-1278.