TBIs can happen anywhere. Only 16.9% of TBIs happen while deployed.²

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

Sleep problems can impact³
- Marksmanship
- Situational awareness
- Performance under pressure
- Multi-tasking

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

References