

Sleep and TBI

Since your concussion (also known as mild traumatic brain injury) have you had difficulty falling or staying asleep?

You may have insomnia.

Insomnia is 50% more common among service members who have had a TBI.¹

Have you noticed that you are feeling tired, irritable, unmotivated, or more prone to slip-ups?

These are common effects of insomnia.

Visit the link to learn how to improve your sleep.

dvbic.dcoe.mil/SleepFactSheet

¹Mosti CB, Klingaman EA, Brownlow JA, Gerhman PR. Insomnia Prevalance Among U.S. Army Soldiers With History of TBI. *Rehabil Psycho*. 2019 Nov;64(4):475-481. doi: 10.1037/rep0000283.Epub 2019 Jun 17.