

PROMOTING SLEEP WHILE RECOVERING FROM CONCUSSION

- **Get on a regular sleep schedule**
 - Go to sleep at the same time every night and wake up at the same time every morning, even on weekends.
 - Limit afternoon naps as well.
- **Set up sleep rituals**
 - Take a warm bath or shower before bedtime.
 - Try some deep breathing exercises or gentle stretches at bedtime.
- **Make your room and bed as comfortable as possible**
 - Block light from inside or outside your room.
 - Make sure there is no blue light from alarm clocks or other electronics.
 - “White noise” machines may help with sleep.
- **Get up and try again**
 - If you can’t fall asleep after 20 minutes or more, get up and do something soothing or calming until you feel sleepy.
 - Avoid doing anything that is too stimulating or exciting.
- **Keep daytime routine the same**
 - Even if you didn’t get a good night’s sleep, keep doing normal daytime activities.
- **Eat right**
 - Eat healthy, balanced meals.
 - Avoid heavy, refined, or processed meals.
- **Limit your caffeine**
 - Avoid any caffeine especially after lunchtime.