



Defense and Veterans Brain Injury Center

Concussion / Mild Traumatic Brain Injury Rehabilitation: Healthy Sleep

Getting a good night's sleep has to do with many factors. The following are helpful hints for good sleep hygiene and treatment of insomnia.

1. No caffeine-containing foods or drinks three hours prior to bedtime
2. No heavy exercise three hours prior to bedtime
3. No alcohol, nicotine or heavy meals within three hours of bedtime
4. Avoid bright light exposure near bedtime
5. Keep regular bedtime and wake-up hours, even on the weekend
6. Foster a quiet, pleasant sleep environment - a cool room and soft lighting
7. Have a relaxing bedtime routine - warm soak in the tub or warm shower, relaxing thoughts, meditation, progressive muscle relaxation exercises, or Yoga
8. Stop work or TV viewing of disturbing or stimulating television shows at least one hour before bedtime
9. Use of the bed is for sleep and sex, which means no watching TV, work, or reading
10. Go to bed only when sleepy
11. Go to another room if sleep does not come within 20-30 minutes
12. Get up at the same time each morning
13. Do NOT take naps
14. If you have been prescribed sleep medications, take them as instructed and at the same time every night
15. Consult with a health care provider before taking any over-the-counter medications or supplements



This tool is to be used as a patient education resource during a visit with your provider.

Developed by Subject Matter Experts from the DoD and VA

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Defense and Veterans Brain Injury Center (DVBIC) 11300 Rockville Pike, Suite 707 Rockville, MD 20852
Telephone: (301)589-1175 Fax: (301)230-1976

www.dvbic.org