

Living with a Mild TBI

See your doctor for traumatic brain injury (TBI) or concussion screening and diagnosis. Follow their advice for medical treatment and care at home.



MILD TBIs & CONCUSSIONS ARE SERIOUS

They can affect how a person thinks, learns, feels, acts, and sleeps. While most people with mild cases feel better within a couple of weeks, some will have symptoms for much longer.

DEAL WITH SLEEP PROBLEMS

Sleep disorders are three times more common in people who have a TBI than in the general population. Follow healthy sleep habits:

- Get sunlight everyday, especially early in the day.
- Exercise daily, but not within a few hours of bedtime.
- Try to wake up and go to bed at the same times every day. Follow a bedtime routine before you go to sleep.
- Avoid tobacco products. Limit caffeine to 300 mgs. a day.
- Follow your healthcare provider's advice for prescribed and over-the-counter products that promote sleep.



MORE TIPS FOR GETTING BETTER

- Take it easy the first few days after a mild TBI. This may include taking a few days off from work or school.
- As you start to feel better after your injury, you can usually gradually return to regular, non-strenuous activities, such as taking a short walk.
- Stay connected with friends and loved ones. Talk about how you are feeling.
- Limit screen time and loud music before bed.
- Keep your provider informed of your progress and other problems that you have, such as depression and anxiety. Tell them if your symptoms do not go away or if they get worse after you return to your regular activities.