Sleep: A change in sleep patterns is normal after a concussion. Your brain needs sleep to heal.

- Go to bed and wake up at the same time each day.
- Establish a bedtime routine.
- Keep noise and light in your bedroom to a minimum.
- Reduce screen time before and in bed.
- Spend time in natural light (even 10min is beneficial).
- Use relaxation techniques to calm body and mind.
- Avoid big meals, caffeine, nicotine and alcohol before bed.
- Take short rests during the day to renew energy. Naps should be under 30min and before 3pm.
- Exercise as tolerated.