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Head Injuries Can Hinder Sleep



Your body knows when its time to sleep and when its time to wake up. That natural sleep-wake pattern is called your circadian rhythm. Known as the "body clock", circadian rhythm is a 24-hour cycle.

This internal body clock is affected by external forces, such as sun rise and time zones. Your circadian rhythm can be disrupted by things like jet lag, which can mess up your sleeping and eating patterns. But if you suffer a mild head injury, it can knock you right out of your rhythm and into a frustrating form of insomnia known as a circadian rhythm sleep disorder, or CRSD.

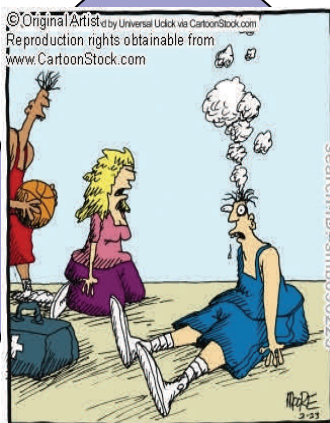
If you've had mild head trauma, watch for CRSD symptoms. You may notice that you:

- Take longer than usual to fall asleep
- Wake periodically during the night
- Have a hard time waking up in the morning
- Feel sleepy during the day
- Have frequent headaches
- Sleeping pills are ineffective

To get your sleep-wake groove back, talk with your doctor.

For more information, resources and videos on traumatic brain injuries, visit the [Be Smart. Be Well. website](#).

Sources: [Psychology Today](#), [CNS Drugs, Volume 25, Issue 3, pp 175-185](#)



"I don't think it's a concussion ... although the smoke has me a little concerned."