

Brain Injury and Sleep Disorders

It is estimated that sleep disorders occur in
30-70%
of individuals following an ABI.

Sleep disorders are one of the most common and persistent conditions following an Acquired Brain Injury (ABI). It affects individuals in both the acute and chronic phases of rehabilitation, regardless of injury severity and can have a significant effect on an individual's ability to fully participate in rehabilitation. The effects of a sleep disorder can impact cognitive, physical, social skills, which could include: fatigue, decreased physical endurance, decreased memory retention, difficulty focusing and maintaining attention, irritability, and worsening anxiety and depression.

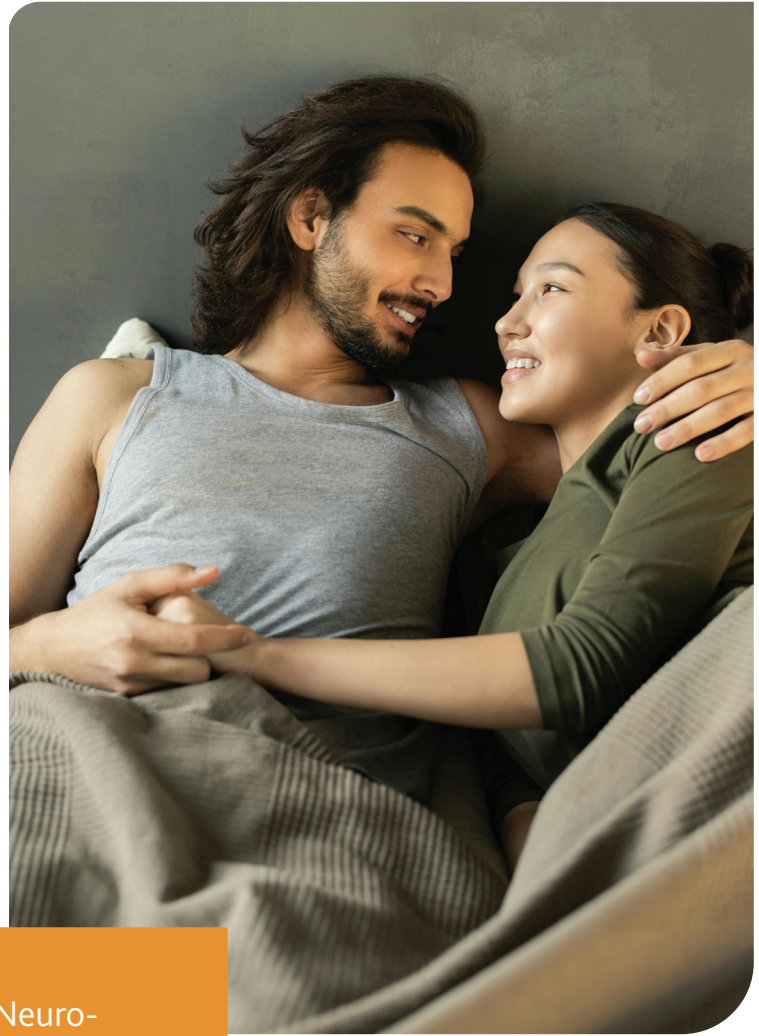


Sleep disorders are often classified as insomnia, excessive sleep, or excessive daytime sleepiness. Common causes include:

- Poor Sleep Hygiene
- Psychological Issues (anxiety & depression)
- Pain
- Obstructive Sleep Apnea
- Medication Side effects
- Lifestyle Factors

Clinical practice guidelines advise that all individuals who have sustained a traumatic brain injury should be assessed for fatigue and sleep disorders and offered appropriate treatment (INESS-ONF, 2015). Non-Pharmacological treatment and interventions should be considered and include:

- Cognitive Behavioural Therapy
- Sleep Hygiene and routine
- Sleep consolidation
- Regular exercise
- Light Therapy
- Relaxation strategies
- Pacing
- Lifestyle changes



Block Building Therapies offers Neuro-Rehabilitation services that specialize in the assessment and treatment of acquired brain injuries.

For further assessment, therapy, consultation and/or education on Occupational Therapy in Neuro-Rehabilitation, contact Block Building Therapies at:

204-231-0785
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Referral forms for new assessments are also available online at our website: www.blockbuilding.ca