



Sport-Related Concussion



Sleep Quality

New research shows quality of sleep is important for concussion recovery.

Poor Sleep Quality



Less than **7 hours**



Can't fall asleep within **30 minutes**

Need **medication** to sleep

Daytime sleepiness



Wake up **frequently**

During Concussion Recovery



2x worse symptoms



1-2 weeks longer to return to sports



>1 month for no symptoms

Results from a study of more than 350 young athletes following a sport-related concussion emphasizes the importance of improving sleep quality.

SCOTTISH RITE



SPORTS MEDICINE

scottishritehospital.org/concussion