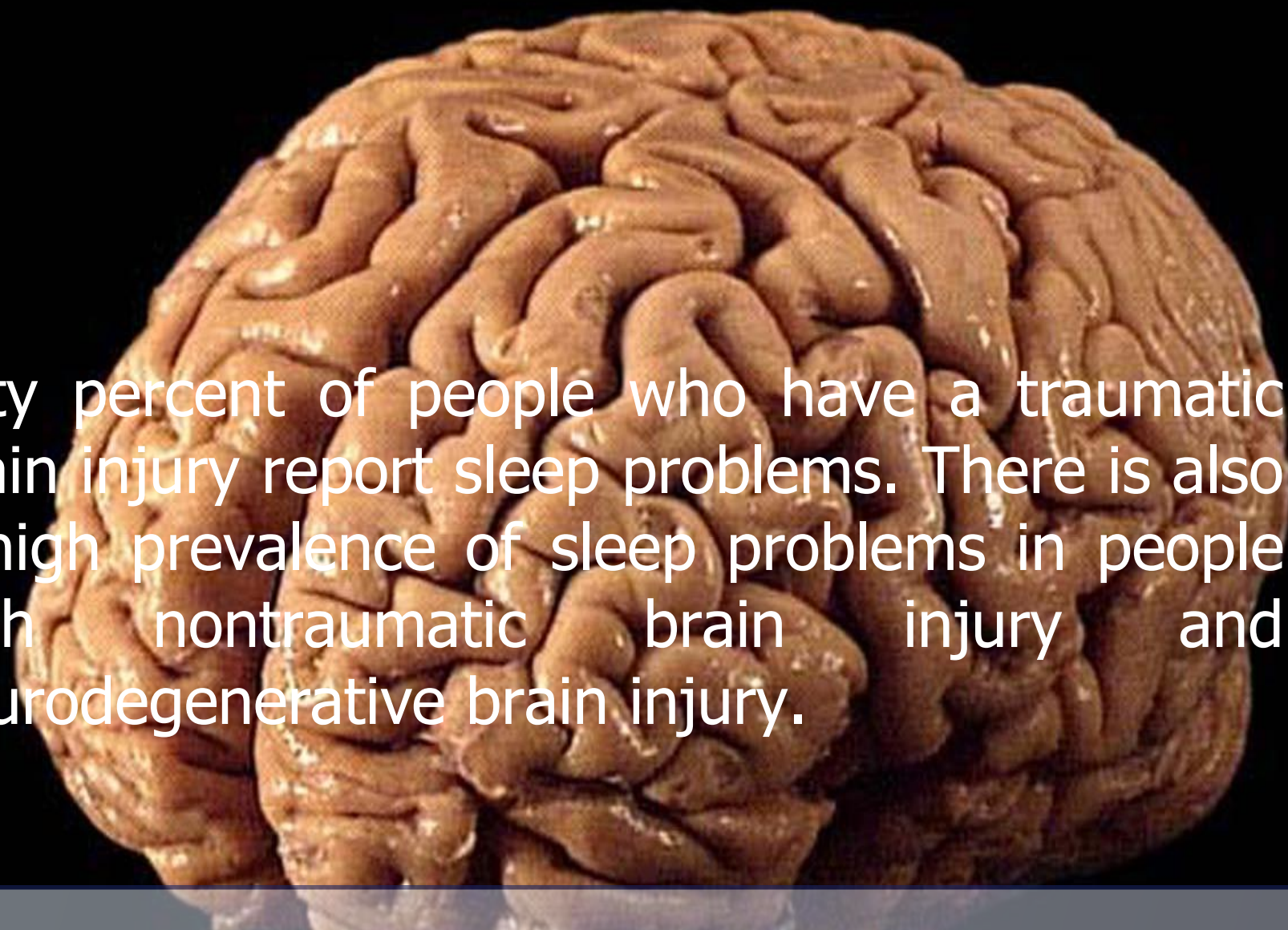




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**Brain Injury and  
Sleep Disorders**

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Fifty percent of people who have a traumatic brain injury report sleep problems. There is also a high prevalence of sleep problems in people with nontraumatic brain injury and neurodegenerative brain injury.

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**In this presentation you will learn:**

**The reasons sleep problems can occur after a brain injury**

**Common sleep problems in people with brain injury**

**The consequences of sleep problems in people with brain injury**

**How to recognize a sleep problem in a person with a brain injury**

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# **A brain injury can be**

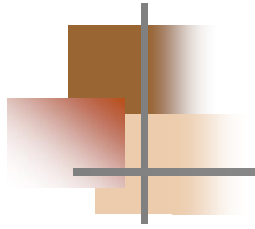
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**“Traumatic**

**“Nontraumatic**

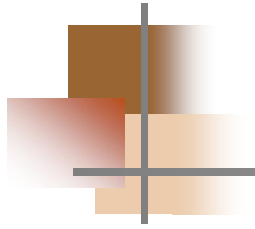
**“Neurodegenerative**

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# Traumatic Brain Injury





**Traumatic brain injury (TBI)**  
occurs when external factors  
damage brain tissue and cause  
bleeding in the brain.



# Traumatic Brain Injury

A traumatic brain injury can be

*An open-head injury*

(also called a penetrating injury)

*A closed-head injury*

(also called a nonpenetrating injury)

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# Traumatic Brain Injury

An **open-head** injury occurs when the source of the injury penetrates through the skull into brain tissue. For example, traumatic brain injury can result from a foreign object (e.g., radiation treatment) penetrating the brain or from brain surgery.

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# Traumatic Brain Injury

A **closed-head** injury occurs when the source of the injury does not penetrate the skull but causes twisting or sheering of brain tissue. A strong force such as whiplash or a nonpenetrating blow to the head can result in a closed-head injury.

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# Traumatic Brain Injury

## Consequences of TBI Are

### Impaired Cognition

- poor memory
- distractibility
- slowed thinking
- inability to plan
- perception problems

### Emotional and Behavioral Issues

- lack of awareness of problems
- depression
- irritability
- poor judgment
- low motivation
- poor emotional control
- agitation

### Physical Impairments

- muscle weakness
- loss of coordination
- vision/smell problems
- slurred speech
- difficulty swallowing
- spasticity
- pain

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