



**When a brain injury disrupts your sleep..**  
Real Life Science Audio Newsletter

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- MALE ANNOUNCER:  
00:00
- Welcome to Real Life Science. Today we delve into the impactful study from the Northern New Jersey Traumatic Brain Injury System Center for Traumatic Brain Injury Research at Kessler Foundation. Picture this. When a brain injury disrupts your sleep, it's not just about losing rest. Join us as we explore the intricate connection between brain injuries and the quality of our sleep and discover the real -life implications of this research.
- FEMALE ANNOUNCER:  
00:28
- If you've had a traumatic brain injury and have trouble sleeping, you're not alone. Here's what you need to know.
- MALE ANNOUNCER: 00:35
- Sleep problems are common after a brain injury. Research shows that 50 to 70 % of people with TBI struggle with sleep. You might have difficulty falling asleep or wake up several times during the night. Not getting enough sleep will make you feel tired during the day. It can also make it harder to focus, remember things, and control your emotions. It may even lead to depression and affect your relationships at home, work, or school. One of the most common sleep problems after TBI is insomnia, which means trouble falling asleep or staying asleep. The good news? Many people find that their sleep improves over time, but for some, sleep problems persist.
- FEMALE ANNOUNCER:  
01:17
- What does the research tell us?
- MALE ANNOUNCER:  
00:19
- Scientists at Kessler Foundation and other research centers wanted to learn if sleep problems improve as people recover from a brain injury. They followed people with post -TBI insomnia for up to FVE years to see if remission, a decrease, or end of sleep problems takes place. Here's what they found. 60 % of people said their sleep improved within two to FVE years. They felt less tired and had a better quality of life. 40 % of people still had trouble sleeping. depression, and trouble with daily activities. Poor sleep habits, such as going to bed at different times each day or using screens before bed, made sleep problems worse.
- FEMALE ANNOUNCER:  
01:59
- Who did the study look at?



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MALE ANNOUNCER:  
02:01

The researchers studied 40 people, ages 16 to 88, who developed insomnia after a brain injury. These participants answered questions about their sleep habits, levels of fatigue, and mood daily activities and use of medications or other treatments for sleep. About half of the participants said they used sleep medicine, but not everyone found it helpful. Surprisingly, very few people tried non-medication treatments like therapy or relaxation exercises, even though these methods can be very effective.

FEMALE ANNOUNCER:  
02:34

Why is this study important?

MALE ANNOUNCER:  
02:36

This research shows that sleep problems after a brain injury can last for years. Lack of sleep can affect mental health, daily life, and overall well-being. More research is needed to find better ways to treat post-TBI insomnia, especially without medication. What can you do? Good sleep hygiene is important, and to maintaining a healthy sleep-wake cycle. If you have difficulty sleeping, speak with your doctor. You may also want to see a sleep specialist.

FEMALE ANNOUNCER:  
03:07

Factors associated with the remission of insomnia after traumatic brain injury. A traumatic brain injury model system study, which was published in Brain Injury 2019. Links are in the program notes.