New research shows quality of sleep is important for concussion recovery. Results from a study of more than 350 young athletes following a sport-related concussion emphasizes the importance of improving sleep quality.

**Sleep Quality**

- Less than 7 hours
- Need medication to sleep
- Can’t fall asleep within 30 minutes
- Wake up frequently
- Daytime sleepiness

**During Concussion Recovery**

- 2x worse symptoms
- 1-2 weeks longer to return to sports
- >1 month for no symptoms

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