

SLEEP ASSESSMENT FOLLOWING CONCUSSION

After concussion sleep often changes but it typically returns to normal in a few weeks.

If sleep problems persist after concussion and you experience daytime tiredness, difficulty with focusing, or mood problems, it is **recommended that you have a sleep assessment conducted by a sleep specialist**. The sleep assessment provides an accurate picture of your sleep and can reveal why your sleep problem does not go away. Based on the assessment, you can get recommendations for effective sleep management and receive treatment.

Clinician researchers from the Ryerson University and the St. Michael's Hospital conduct a research study that involves a full sleep and body clock assessment using well-established assessment methods. The non-OHIP covered part of the assessment package is worth for approximately \$1,400 but it is provided for free for people who are eligible to participate. All the assessment is completed within 2 weeks after the first appointment. You, and with your permission, your treating doctors receive feedback of the assessment results.

You may be eligible to participate if:

- you are between 16 and 65 years old
- had a concussion (mild traumatic brain injury) in the past 2 years
- have trouble sleeping

For more information and for book an appointment, please **call**:

Dora Zalai at **647 479 2156 ext. 206**

Your doctors can download a **referral** from **www.sleepontario.com** from the research section of the website.



Best regards,

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