

Prevalence of Sleep Disturbances Following Mild Traumatic Brain Injury: A Pilot Cross-sectional Survey

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Introduction

Patients who underwent a mild traumatic brain injury, or concussion, may present chronic symptoms such as headaches, attentional disorders or sleep disturbances that can last for months. While sleep is a key factor for recovery, it is still poorly investigated in the literature.

Methods

We developed an online anonymous survey to evaluate the prevalence of sleep disturbances in patients (between 18 and 55 years old) who had suffered from at least one concussion (< 5 years ago) based on validated questionnaires :

- Pittsburgh Sleep Quality Index – PSQI
- Epworth Sleepiness Scale – ESS)
- Rivermead Post-Concussion Symptoms Questionnaire

We also collected demographic data and clinical information (e.g., number of concussions, concussion management, treatments).

Conclusion

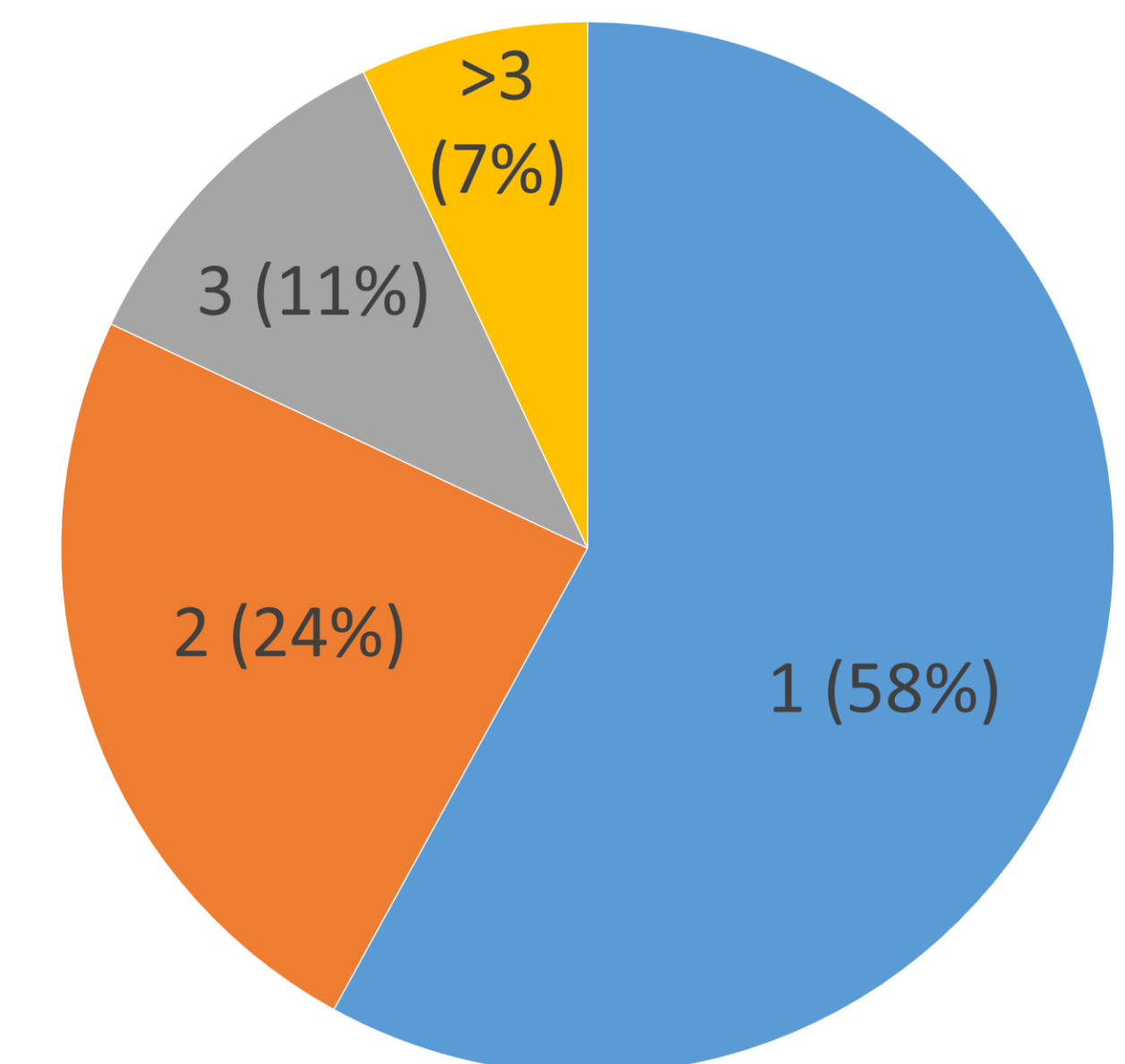
This preliminary data highlights a majority proportion of self-reported sleep disturbances in concussed patients. Prospective longitudinal studies should be conducted to confirm this finding and optimize patients' management with a special focus on sleep disturbances.

Results

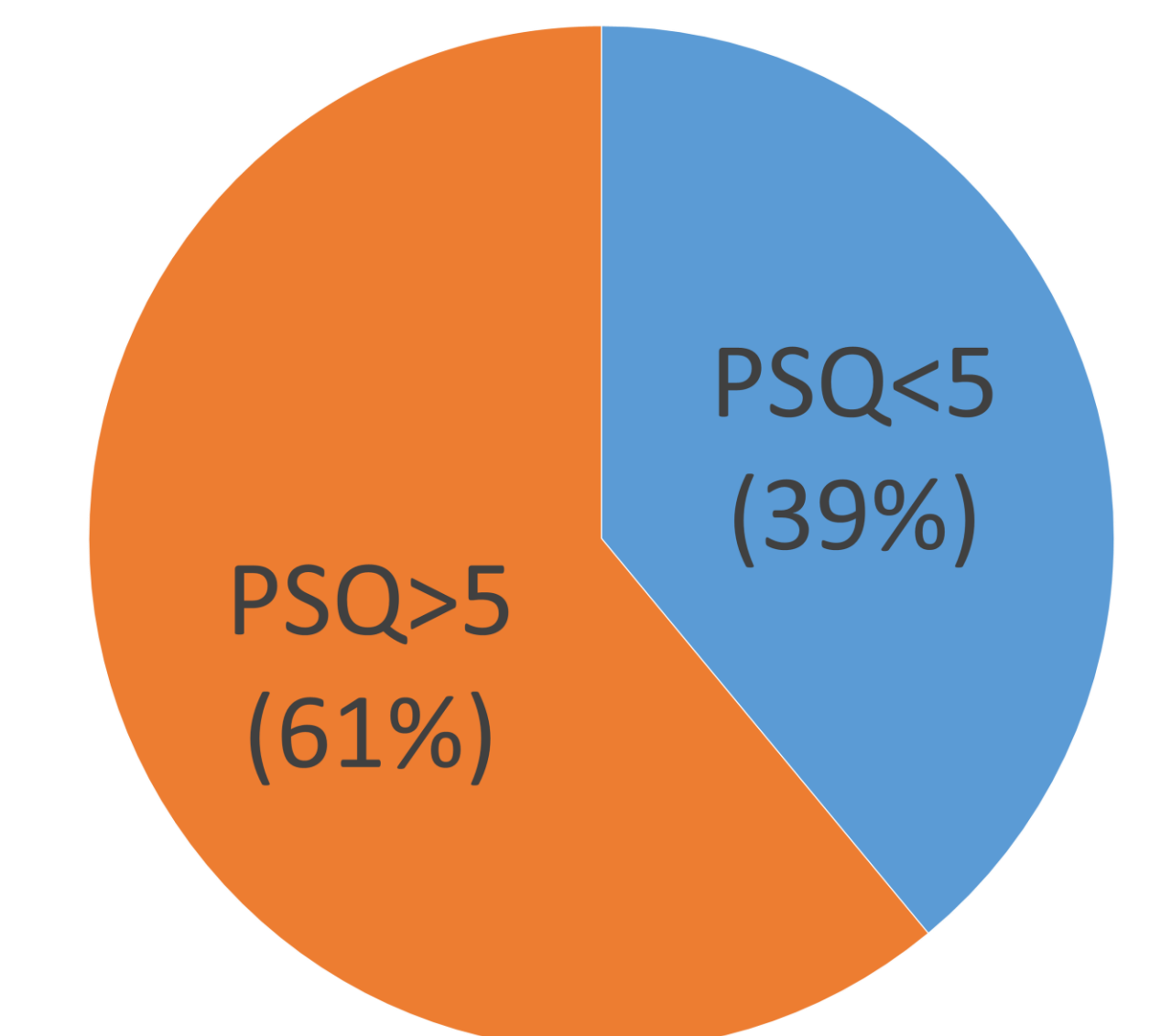
Sociodemographic characteristics of the study sample

	N = 89	N	%
Female		59	66
18-24 years old		31	35
25-34 years old		30	32
35-44 years old		15	17
45-54 years old		13	15
(last) concussion ≤1 year		15	17
1 <(last) concussion < 5 years		74	83
Pharmacological treatments for concussion symptoms		51	57
Non-pharmacological treatments for concussion symptoms		22	25

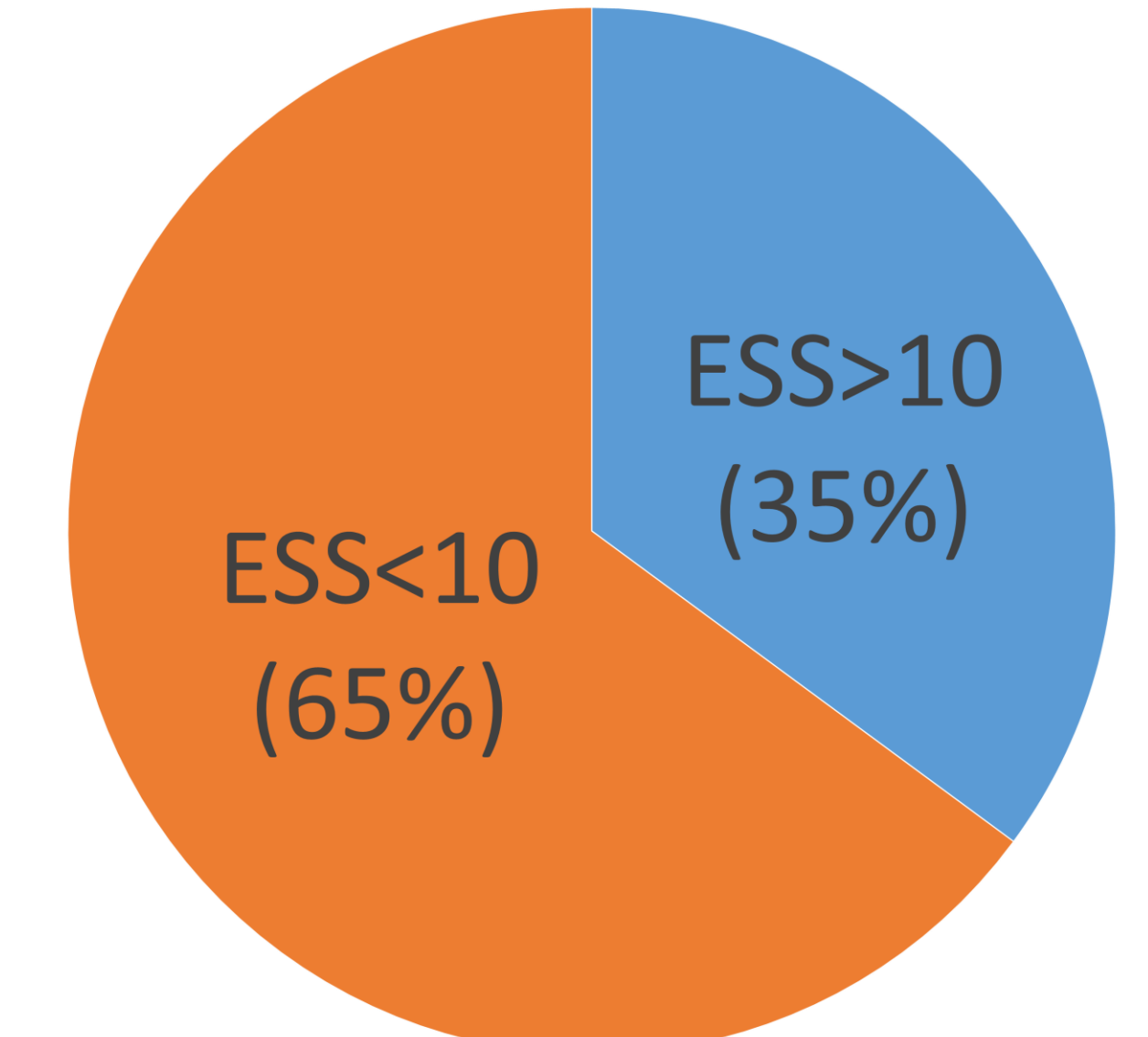
Frequency of Concussions



PSQI scores



ESS scores



Prevalence of Post Concussive Symptoms (%)

