

THE DURABILITY REPORT

POWERED BY BENCHMARK HEALTH PARTNERS

CONCUSSION AND SLEEP: WHAT FAMILIES NEED TO WATCH FOR

WHAT TO KNOW

New research shows that sleep problems often continue long after a concussion, even after athletes are cleared to return to play. Many young athletes report **shorter sleep, later bedtimes, and restless nights**. These patterns may seem minor, but they can slow recovery, hurt school and sports performance, and raise the risk of future injury.



WHY THIS MATTERS

- ◆ 40 to 70% of athletes experience sleep problems after concussion.
- ◆ Poor sleep makes other symptoms worse, including headaches, irritability, and memory issues.
- ◆ Returning to sport while sleep problems persist can slow recovery and affect performance in school and sport.

START A CONVERSATION

Use these prompts to check in with your athlete about sleep after a concussion to help identify if recovery may not be complete:

- ◆ "Do you feel more tired at practice than before your concussion?"
- ◆ "Have you been waking up more during the night?"
- ◆ "When you wake up for school, do you feel rested or still worn out?"

EXPLORE EXPERT RESOURCES

Explore trusted tools and resources from these leading sleep health experts:

American Academy
of Sleep Medicine

CDC: Heads Up

Sleep Cycle

LEARN ABOUT ATHLETE DURABILITY



RESEARCH SPOTLIGHT

Sahin et al. Concussion history is associated with poor sleep quality in adolescent athletes. *Journal of Clinical Sleep Medicine* (2025)

