

Sleep and Stroke

Anna Claire Joyner, SPT



SCHOOL OF
MEDICINE





Schedule

- Sleep and the Brain
- Sleep After Stroke
- Common Sleep Disorders
- Sleep Management
- Healthy Sleep Habits



Sleep and the Brain

Healthy sleep...

1. Stores memories
2. Improves learning
3. Encourages brain healing



Sleep after Stroke

- Stroke can damage brain tissue that controls sleep
- Sleep disorders are common after stroke
- Poor sleep can impair stroke recovery

Signs of Sleep Disorder

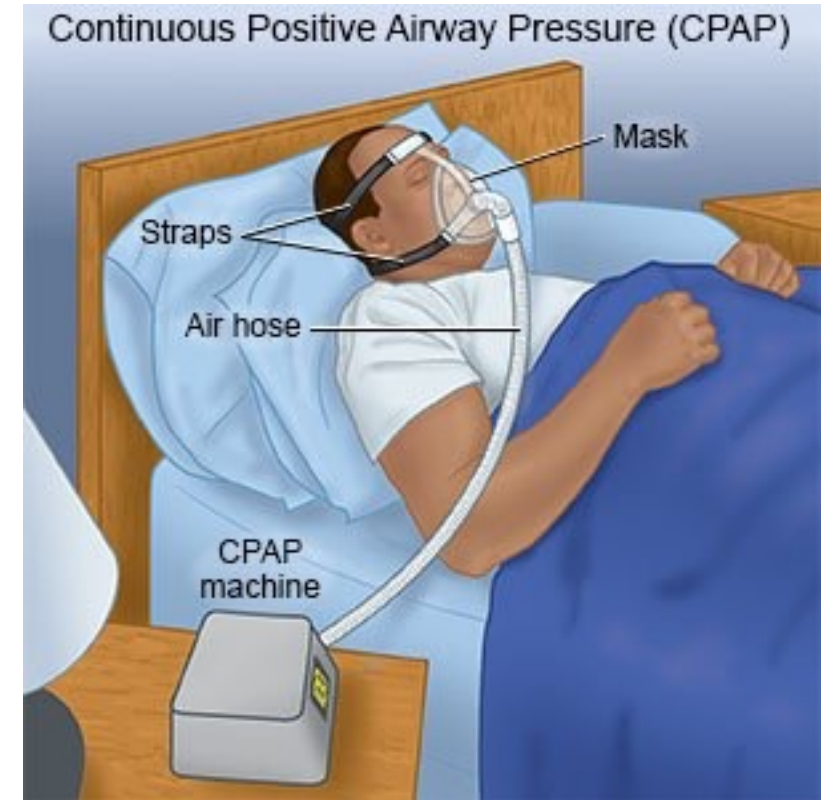
- Snoring
- Intermittent awakening
- Gasping or choking
- Daytime sleepiness
- Fatigue
- Difficulty falling asleep
- Difficulty staying asleep
- Reduced alertness upon waking
- Uncontrolled limb movement
- Sleeping more than usual

Common Disorders

1. Insomnia
2. Periodic Leg Movement During Sleep
3. Restless Leg Syndrome
4. Sleep Disordered Breathing
 - Obstructive Sleep Apnea
5. Sleep Wake Cycle Disorders

Sleep Management

1. Sleep Hygiene
2. Drug Treatment
3. Continuous Positive Airway Pressure (CPAP)





Sleep Hygiene: Healthy Sleep Habits

The infographic consists of several overlapping yellow-bordered cards on a dark blue background. Each card features an illustration and a text-based tip. The tips include: "Establish a nighttime routine" (with a nightstand lamp and moon), "Get up and go to sleep at the same time" (with an alarm clock), "Create a healthy sleep environment" (with a lamp), "Turn off electronics an hour before bed" (with a smartphone showing "DO NOT DISTURB"), "Limit caffeine" (with a coffee cup and a red prohibition sign), "Exercise" (with dumbbells), "Reduce stress" (with a person in a yoga pose), and "Avoid large, fatty meals prior to sleeping" (with a burger and fries and a red 'X'). A central text overlay reads "Impactful Sleep Hygiene Practices". The "verywell" logo is in the bottom left corner of the infographic area.

Establish a nighttime routine

Get up and go to sleep at the same time

Create a healthy sleep environment

Turn off electronics an hour before bed

Limit caffeine

Exercise

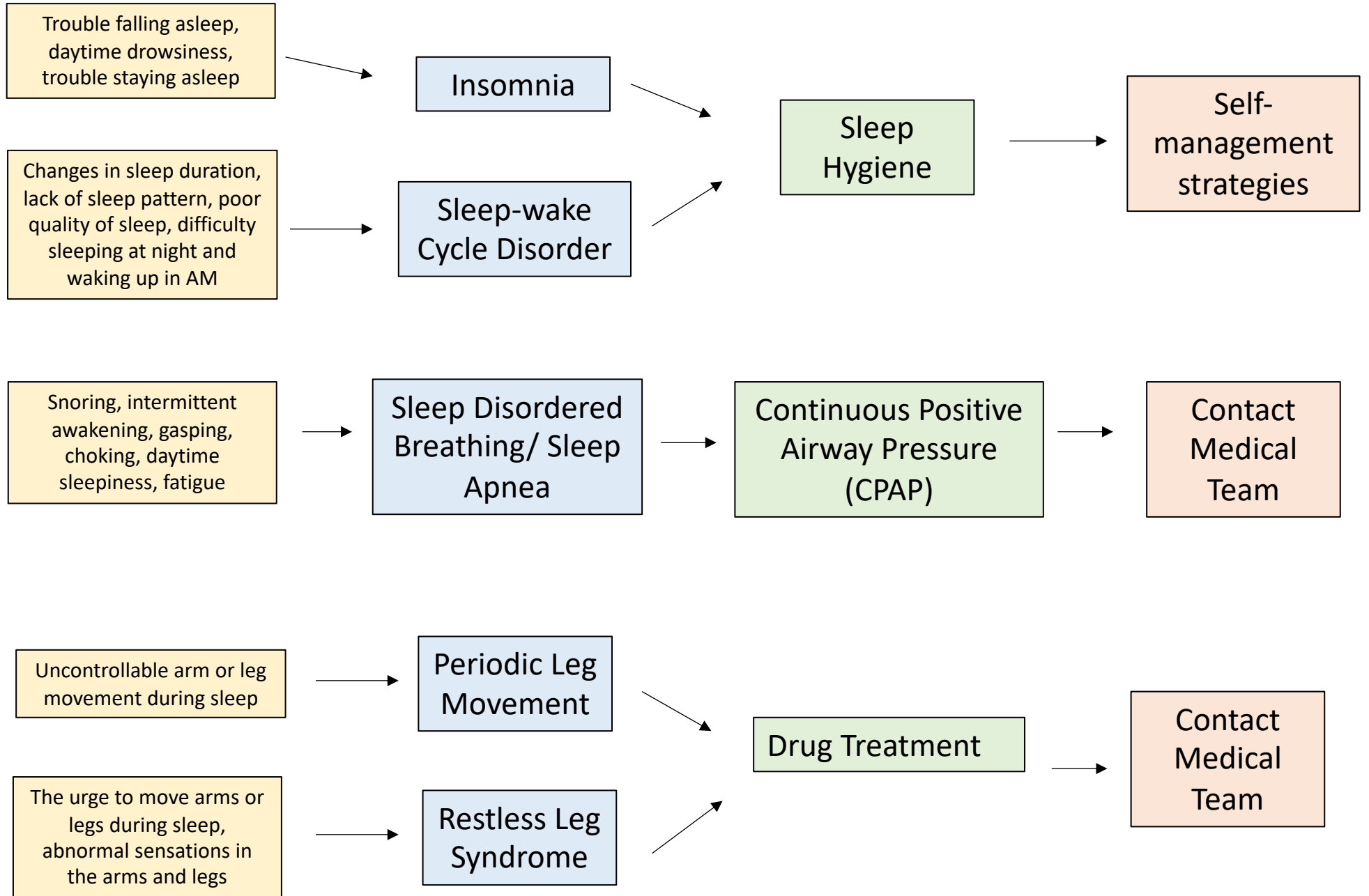
Reduce stress

Avoid large, fatty meals prior to sleeping

Impactful Sleep Hygiene Practices

verywell

STRIDE Study





I tried all those things and am still having problems....

- Don't delay!
- Contact your doctor to discuss your specific questions and concerns

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