**Logo

Description automatically generated with medium confidenceLogo

Description automatically generatedLogo

Description automatically generated**

**Sleep after Stroke**

Sleep disorders are common after stroke and can put you at risk for a second stroke

Sleep disorders are treatable and the first step in management is recognition

**Symptoms Common Disorders Intervention What to do**

**Diagram

Description automatically generated**

**Sleep Hygiene Strategies**

|  |  |
| --- | --- |
| * Establish a consistent bedtime routine * Go to bed and get up at the same time every night * Use your bed for only sleep and sex * Turn off electronics (TV, phone, computer) 1 hour before bedtime | * Avoid drinking caffeine during the afternoon and evening * Avoid alcohol before bedtime * Exercise daily * Create a quiet sleep environment |