

Sleep and Stroke

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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

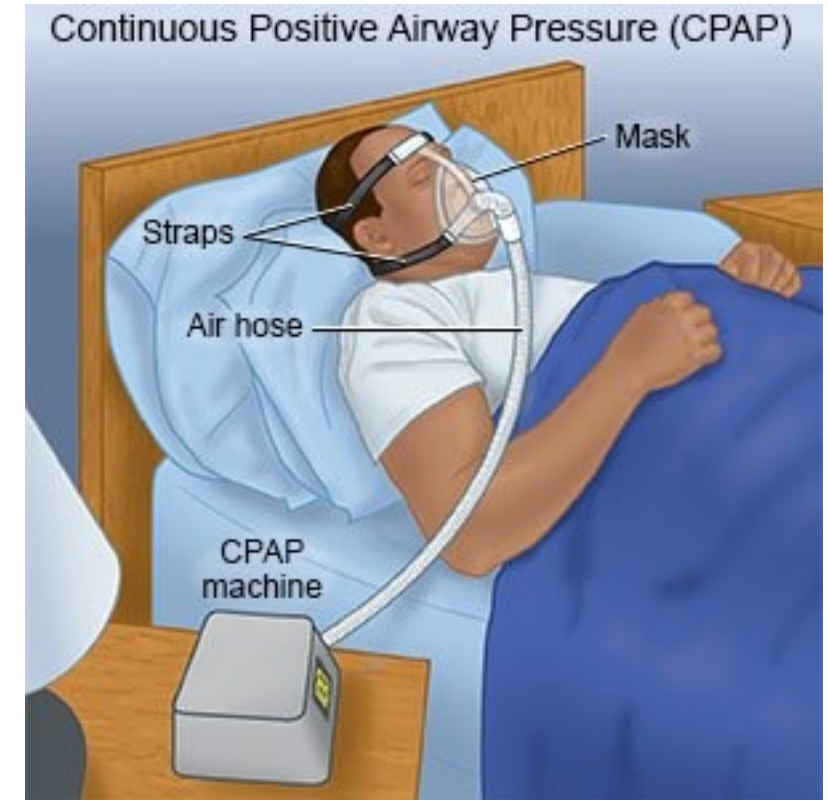


Common Disorders

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)

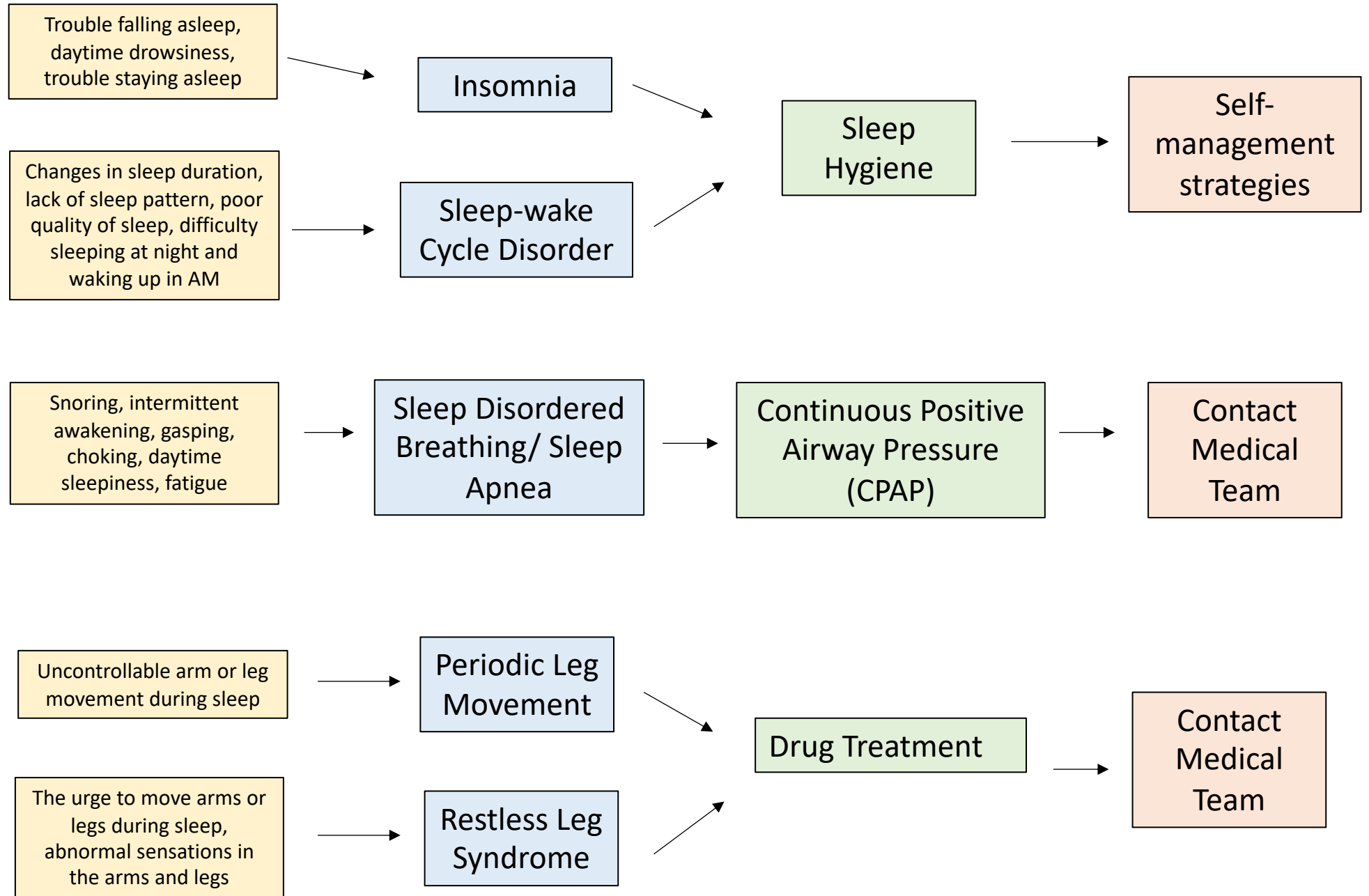




Sleep Hygiene: Healthy Sleep Habits



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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