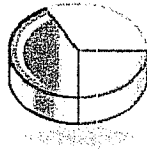


# How to Manage Your Traumatic Brain Injury



1/3 time 1/3 acceptance 1/3 work

**Time:** Cannot be controlled

**Acceptance:** Personal decision

**Work:** Be committed about improving your injury

## 1. Sleep

- Practice good Sleep Hygiene
- Go to bed at exactly the same time every night (even on the weekend)
- Avoid caffeine, sugar, salt (especially no chips or chocolate)
- Avoid naps (a break is okay)
- Try not to exercise late in the evening (nothing 4 hours before bed)
- Keep your bedroom cool (sleep with window open)
- Don't open your eyes (no bathroom breaks, no looking at clock)
- Practice breathing exercises while trying to fall asleep (breathe in 5-8 seconds, hold breathe 5-8 seconds, breathe out 5-9 seconds)
- Talk to your doctor about sleep medication (Ambien works for me)

## 2. Balance

- Fitness (yoga)
- Sleep (balance is bad when tired)

## 3. Memory

- Food: "You are what you eat"
  1. Choline (Studies show that choline supplementation enhances memory and reaction time in animals, especially aging animals. It also enhances memory in people.)
  2. Omega 3's (fish, flax seed, kiwi, walnuts, take fish oil supplement)
  3. Avoid white flour, sugar, bad fat. EAT vegetables, whole grains, and protein.
- Keep a calendar (**Write things down. Write things down. Write things down**)

**Jennifer Mosher's TBI Recovery Formula:**  
**Exercise + Brain Food + Good Sleep = Feel Better!**