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Brief Report: Sleep Disturbances following Mild Traumatic Brain Injury in Childhood

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Abstract

Objective To examine objective and subjective reports of sleep disturbance in school-aged children who had sustained mild traumatic brain injury (TBI) at least 6 months prior to the study. **Methods** Eighteen children aged 7–12 years with a history of mild TBI (GCS 13–15. LOC < 15 min) were compared to 30 children with orthopedic injuries using actigraphy and parental and self-report sleep questionnaires. **Results** Parents reported greater sleep disturbance in the mild TBI group. No significant differences were found in parental ratings of daytime sleepiness, child-reported sleep difficulties, or objective (actigraph) sleep measures. **Conclusions** The finding of greater parental reports of sleep disturbance following mild TBI 6 months after injury requires greater exploration and future research with a larger sample followed from the

point of injury would seem appropriate.

Key words: brain injury; childhood; pediatrics; sleep.

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