



amy

Feeling tired after ABI

“When I was in hospital, the nurses used to give me medicine to help me sleep. It was tricky, some days I would go for long naps in the afternoon because I was so tired but then I would struggle to fall asleep at night. It was tough. I couldn’t even stay awake in the afternoon because if I did I would get a bad headache and would feel terrible.

When I got home from hospital, I couldn’t take the same medicine I’d been taking because it was quite strong. The doctors gave me some different medicine to take but it took some time before I noticed a change in how I slept.

I kept a sleep log and my mum started to keep notes on when I slept the best and when I had trouble sleeping. I cut back on drinking tea and coffee and I don’t drink coke now because it has caffeine in it too.

I also do my relaxation exercises before bed and that helps me sleep when I do feel tired. Things are a bit better now but it has taken a long time to improve.”

