Sleep-related treatments to improve mild traumatic brain injury (mTBI) are in the beginning stages of discovery with a national group of brain injury and sleep specialists. Specific tests to develop these treatments are underway. Created by a sleep specialist out of the University of Maryland School of Medicine, along with the assistance of military and private industry and other experts in medicine, the recommendations for these sleep-related treatments have been published online in Neurotherapeutics.

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The Neuropsychology of Traumatic Brain Injury: Looking Back, Peering Ahead. Introduction. Looking back: advances in neuropsychological research on TBI. Fatigue and sleep disturbance. Fatigue and sleep disturbance are debilitating and persistent problems for individuals with TBI of all severities (Ponsford et al., 2012). Until recently, these problems have not been the focus of treatment. Blue light therapy has been shown to reduce fatigue and daytime sleepiness in one pilot RCT (Sinclair, Ponsford, Taffe, Lockley, & Rajaratnam, 2014). Postconcussive symptoms and posttraumatic stress disorder after mild traumatic brain injury. Journal of Nervous & Mental Disease, 18, 302–305. Bullmore, E., & Sporns, O. (2009).