

## **Sleep disorders after traumatic brain injuries in amateur sports**

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Introduction-Sleep disorders and other related problems are common situations after traumatic brain injuries Aim-Aim of this study was to evaluate such disorders Material-We evaluate 20 amateur sportsmen( range 18 to 38) , after traumatic brain injuries, during amateur sports activity. The specific sports activity was -soccer in 5 cases-25%- -basket ball in 3 cases-15%- -volley ball in 3 cases-15%- -hand ball in one case-5%- -tennis in one case-5%- -running in one case-5%- -beach volley ball in one case-%\_ - boxe in one case-5%- - karate in one case-5%- -taekwondo in one case-5%- -wrestling in 2 cases-10%\_ Methods'-A relation between sleep disorders and other related problems with 1)headache 2) dizziness 3) psychiatric symptoms was performed . Results-19 sportsmen were retrospectively considered (95%) .The most common types of injuries were falls ,10,52,6%. There is also a correlation between sleep disorders and other related problems (headache , dizziness , psychiatric symptoms) . Neurologic and psychiatric evaluation was very usefull such as appropriate medication in all 19,100%,cases Conclusions-We need more cases but that cognitive-accurate therapy and medication could be helpful in these situations. Sleep disorders after traumatic brain injuries are conditions that needs accurate evaluation and approach.