

Sleep disorders after traumatic brain injuries in elderly people

N. Syrmos^{1,2,3}, V. Giannouli², G. Gavridakis³, A. Mylonas¹

¹*Aristotle University of Thessaloniki, Macedonia, Greece, Physical Activity and Quality of Life, Greece*

²*Medical School, Aristotle University of Thessaloniki, Macedonia, Greece, Greece*

³*Heraklion, Crete, Greece, Venizeleio General Hospital, Greece*

Introduction-Sleep disorders and other related problems are common situations after traumatic brain injuries in elderly people (65 years old) Aim-Aim of this study was to evaluate such disorders (65 years old) Material-We evaluate 20 elderly male people (range 65 to 75) , after traumatic brain injuries. Methods'-A relation between sleep disorders and other related problems with 1)headache 2) dizziness 3) psychiatric symptoms was performed . Results-19 elderly men were retrospectively considered (95%) .The most common types of injuries were falls ,10,52,6%. The second common type of injury was road traffic accident, 5 ,26,3%. The third common type of injury was domestic injuries, 4, 21,1% . 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.