SCHOOL IS OUT FOR THE SUMMER AND WITH THE RISING TEMPERATURES COME FUN OUTDOOR ACTIVITIES SUCH AS BASEBALL, FOOTBALL AND SOCCER. WHILE TEAM SPORTS ARE A GREAT WAY FOR KIDS TO LET OUT ENERGY, THEY ALSO CAN LEAD TO A HIGHER RISK OF INJURIES AND CONCUSSIONS.

WHEN A CHILD EXPERIENCES A CONCUSSION, SYMPTOMS USUALLY INCLUDE CONFUSION, DIZZINESS OR NAUSEA. A COMMON MYTH ABOUT CONCUSSION RECOVERY IS THAT THE CHILD SHOULD NOT SLEEP THROUGH THE NIGHT FOR FEAR OF SLIPPING INTO A COMA. PEDIATRIC NEUROPSYCHOLOGIST MICHAEL MOHRLAND SAYS THIS MYTH ISN’T TRUE AND IN FACT, A GOOD NIGHT’S REST CAN HELP PROMOTE RECOVERY FROM A CONCUSSION.

“Assuming the child has had an initial evaluation and been medically cleared for anything else that could complicate a concussion, sleep is actually very important to help the brain restore itself.”

MOHRLAND ADDS THAT PARENTS ALSO SHOULD SEEK HELP FROM A MEDICAL PROFESSIONAL AND ALLOW PROPER TIME FOR HEALING AND REST.

“Well, off the bat, a child should be evaluated by a medical professional, that could be a physician in the emergency room, pediatrician or athletic trainer. So safety is first and foremost—we don’t want the child to return to a situation where they are more likely to either exacerbate their concussion or get another concussion.”

I’M BRIAN CONSIGLIO, WITH A MIZZOU SPOTLIGHT ON SCIENCE.