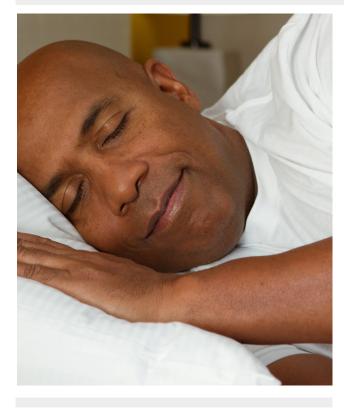
THERAPEUTIC Brain Breaks



An important part of your stroke recovery involves brain breaks.

Brain breaks are therapeutic rest periods that are scheduled into your day. They last from 30 minutes to 2 hours, depending upon your healthcare needs.

During this time, you'll lie in a comfortable position in bed. Stimuli in the room will be reduced as much as possible, including:

- No visitors
- Minimal staff interruptions
- Window shades closed
- Lights turned off
- TV turned off
- Cell phones and other electronic devices silenced



Benefits of brain breaks include:

- Reduced cognitive fatigue
- Increased ability for the body to heal
- Strengthened immune system
- Less anxiety and stress
- Improved patient participation in recovery
- Stronger cognitive abilities

If you have any questions, please let your nurse or therapist know.