

# 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.

  
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