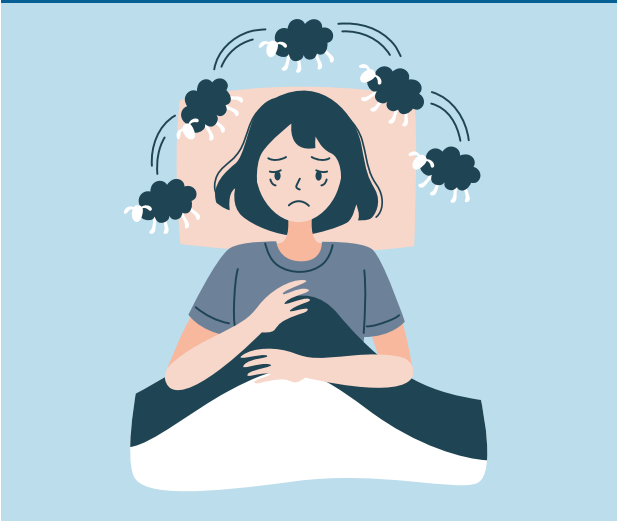


# TRAUMA AND SLEEP PROBLEMS

If something bad happens to me, I might have trouble sleeping.



Sometimes I might have nightmares or bad dreams.



I might start to feel really tired all of the time.



I might not have a lot of energy even after I sleep.



I can talk to someone I trust about how I have been feeling.



I can talk to my doctor about ways to get better sleep.

