

FOR RELEASE

March is Brain Injury Awareness Month

CONTACT: Kirstin Olmstead
Marketing Coordinator
Rainbow Rehabilitation Centers Inc.
734.482.1200 ext. 190

A Traumatic Brain Injury Increases Susceptibility to Sleep Disorders

YPSILANTI, Mich., March 10, 2008 — Over 40 million Americans suffer from chronic, long-term sleep disorders each year. According to PM&R specialists at Mount Sinai Medical Center in New York, it is estimated that traumatic brain injury (TBI) patients are three times more likely to suffer from sleep disorders compared to the general population. But with other medical problems more urgent and immediate, sleep disorders among the TBI population often go undiagnosed.

In the most recent edition of RainbowVisions magazine, a publication of Southeast Michigan-based Rainbow Rehabilitation Centers Inc., a provider of brain injury rehabilitation services to adult and pediatric clients nationwide, PM&R specialists at Mount Sinai Medical Center note that sleep disturbances are a contributor to problems resulting from a brain injury such as cognitive impairments, irritability, concentration difficulties, fatigue and pain and may hinder rehabilitation. This makes early identification of sleep disorders a crucial element in the recovery process for TBI survivors.

The Mt. Sinai specialists identify common sleep disorders and their symptoms and provide recommendations promoting healthy sleep habits such as maintaining a regular sleep schedule and avoiding caffeine and alcohol before bed. They note that even certain prescription medications used to treat asthma or depression can disrupt sleep and suggest consulting with a physician when sleep problems persist. Prior to meeting with a physician, they advise maintaining a sleep diary for two weeks to provide valuable information such as sleep schedule, daily activities, names and times of medications taken, and types of food and beverages consumed to help the doctor diagnose the problem. Individuals with a TBI should also include information about how they slept prior to their injury in order for the doctor to diagnose the sleep disorder and recommend appropriate treatment.

For more information about brain injury and sleep disorders, log on to www.rainbowrehab.com and download the spring 2008 edition of RainbowVisions magazine, a quarterly publication of Rainbow Rehabilitation Centers Inc. that covers all aspects of brain injury including clinical news, current technology, rehabilitation techniques, behavioral information and medical articles for industry professionals, survivors and their families. For additional resources about brain injury, visit the Brain Injury Association of America's Web site at www.biausa.org or the Brain Injury Association of Michigan's Web site at www.biami.org.

- more -

- Page 2 -

About Rainbow Rehabilitation Centers Inc.

Rainbow Rehabilitation Centers Inc. headquartered in Ypsilanti, Michigan has been a provider of rehabilitation services for children, teens and adults with brain injuries since 1983. With more than 30 residential locations, two treatment centers, a NeuroRehab Campus and a vocational center, our organization offers services that span nearly every aspect of brain injury recovery and rehabilitation. Our residential settings include adult homes, child and adolescent homes, townhouses and semi-independent living apartments. Day treatment and outpatient services are also available.

#