

Concussion Signs & Symptoms

Summary

Concussion signs and symptoms are the brain's way of showing it is injured and not functioning normally. Concussions signs are what someone could observe about you, concussion symptoms are the things you are feeling.

Physical concussion symptoms

- Headache
- Light-headedness
- Dizziness
- Nausea
- Sensitivity to light
- Sensitivity to noise

Common concussion signs

- Problems with balance
- Glazed look in the eyes
- Amnesia
- Delayed response to questions
- Forgetting an instruction, confusion about an assignment or position
- Inappropriate crying
- Inappropriate laughter
- Vomiting
- Loss of consciousness



Cognitive

- Difficulties with attention
- Memory problems
- Loss of focus
- Difficulty multitasking
- Difficulty completing mental tasks



Emotional

- Anxiety/panic attacks
- Depression
- Anger/aggression



Sleep

- Sleeping more than usual
- Sleeping less than usual
- Having trouble falling asleep

