



CONCUSSION SYMPTOM CHECKLIST

Signs and symptoms of concussion generally fall into four categories: somatic, cognitive, affective, and sleep.

SOMATIC

- Headache
- Dizziness
- Balance disruption
- Nausea/Vomiting
- Visual disturbances (photophobia, blurry/double vision)
- Phonophobia

COGNITIVE

- Confusion
- Anterograde amnesia
- Retrograde amnesia
- Loss of consciousness
- Disorientation
- Feeling mentally “foggy”
- Vacant stare
- Inability to focus
- Delayed verbal and motor responses
- Slurred/incoherent speech
- Excessive drowsiness

AFFECTIVE

- Emotional lability
- Irritability
- Fatigue
- Anxiety
- Sadness

SLEEP

- Trouble falling asleep
- Sleeping more than usual
- Sleeping less than usual