Appendix 1. Coding Tree

Themes	Sub themes
Making sense of fatigue and sleep after TBI	Feeling unprepared Persistent and enduring nature confusing Understanding triggers Early advice is helpful
Accepting the need for rest	Reaching a crisis point Needing permission to rest Needing others to monitor and prompt Continuous monitoring
Learning how to rest	Knowing how to rest Are naps a good or bad thing? Knowing how and when to push self Allowing self to recover
Need for rest impacts on ability to engage in life	Re-evaluating priorities Restriction in participation Managing unexpected events