

Sleep and Pain

The following information is for individuals experiencing sleep difficulties and musculoskeletal pain



How does sleep affect pain?

- Sleep problems can increase pain
- Sleep problems affect other physical and mental health issues (e.g., cardiovascular disease, depression, anxiety)

How do I know if I have a sleep problem?

- Symptoms may include difficulty falling asleep, not feeling well-rested, daytime sleepiness, waking up during the night, early morning awakenings
- Your healthcare provider may screen you for sleep problems

What can I do?

To help speed up recovery:

- Participate in your care with your healthcare provider
- Continue participating in day-to-day activities as tolerated

Potential treatment options to discuss with your healthcare provider

- Sleep hygiene education
- Cognitive Behavioral Therapy (CBT) for Insomnia*
- Further evaluation by your physician

*Results may vary over time

Contact your healthcare provider if you experience any of the following

- Symptoms of depression, irritability, or anxiety
- Excessive daytime sleepiness
- Loud snoring
- Abrupt awakenings accompanied by gasping or choking
- Morning headache
- Difficulty concentrating during the day
- Hallucinations

<https://www.ccgi-research.com/>

Vitiello M.V., McCurry S.M., Shortreed S.M., et al. Cognitive-Behavioural Treatment for Comorbid Insomnia and Osteoarthritis Pain in Primary Care: The Lifestyles Randomized Controlled Trial. JAGS. 2013; 61(6): 947-956 and Smith M.T., Finan P.H., Buenaver L.F., et al. Cognitive-Behavioural Therapy for Insomnia in Knee Osteoarthritis: A Randomized, Double-Blind, Active Placebo-Controlled Clinical Trial. Arthritis Rheumatol. 2015; 67(5): pp 1221-1233.

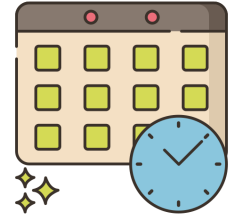
Suggestions for Improving Sleep



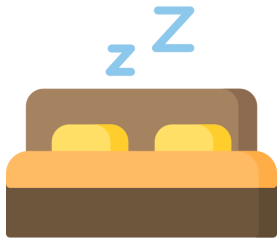
Establish a relaxing bedtime routine that is early enough for you to get at least 7 hours of sleep



Turn off electronics 30 minutes before bedtime



Keep a consistent schedule. Get up and go to sleep at the same time every day, even on the weekends



Beds are for sleeping, not for working or surfing. Leave electronics in another room



Use a sleep diary

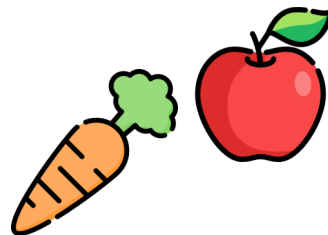


Keep daytime naps under 20 minutes



Avoid alcohol, caffeine, and nicotine too close to bedtime

Avoid eating large meals before bedtime. If you are hungry at night, eat a light, healthy snack



Exercise regularly and maintain a healthy diet