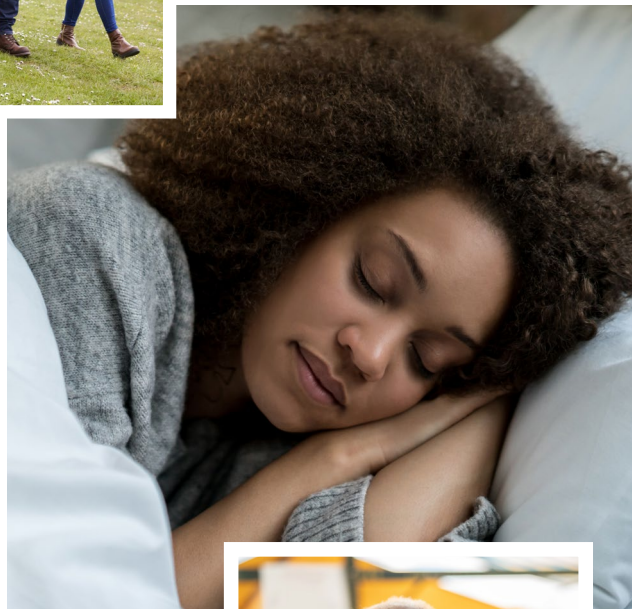
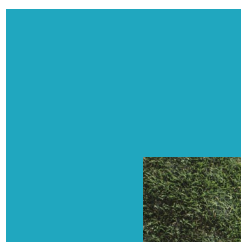


Leeds Community Pain Service

The Pain Management Programme Handbook

Week 4 Sleep



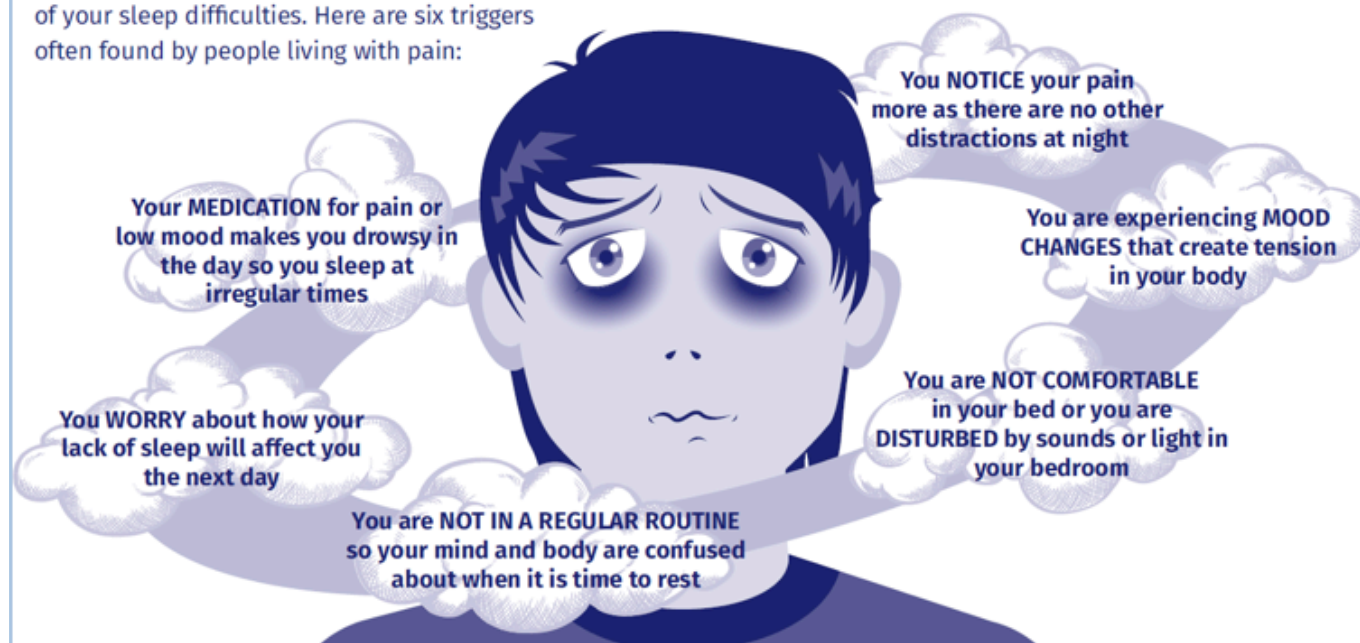
**This handbook can be used on the
Pain Management Programme or
in one to one sessions**

Sleep



Why can't I sleep?

It's likely that there are a number of causes of your sleep difficulties. Here are six triggers often found by people living with pain:



Useful links

- Live well with pain sleep booklet
<https://livewellwithpain.co.uk/wp-content/uploads/2023/10/How-to-sleep-well-with-pain-online-v02.pdf/>
- Sleep - Live Well with Pain
<https://livewellwithpain.co.uk/resources-for-people-with-pain/ten-footsteps-to-living-well-with-pain/sleep/>

Medication, mood and worry have already been discussed in week 3 and 4 of the Pain Management group. Other sleep strategies will be discussed later in the booklet.

- Sleep is needed for a healthy body and mind.
- A normal amount of sleep ranges from 6-10 hours.
- As we get older we need less sleep and we spend more time in lighter sleep - this may lead to periods of waking during the night.

How much sleep do you have a night?

Do you have a problem getting to sleep / staying asleep / waking too early?

.....

Reduced sleep can:

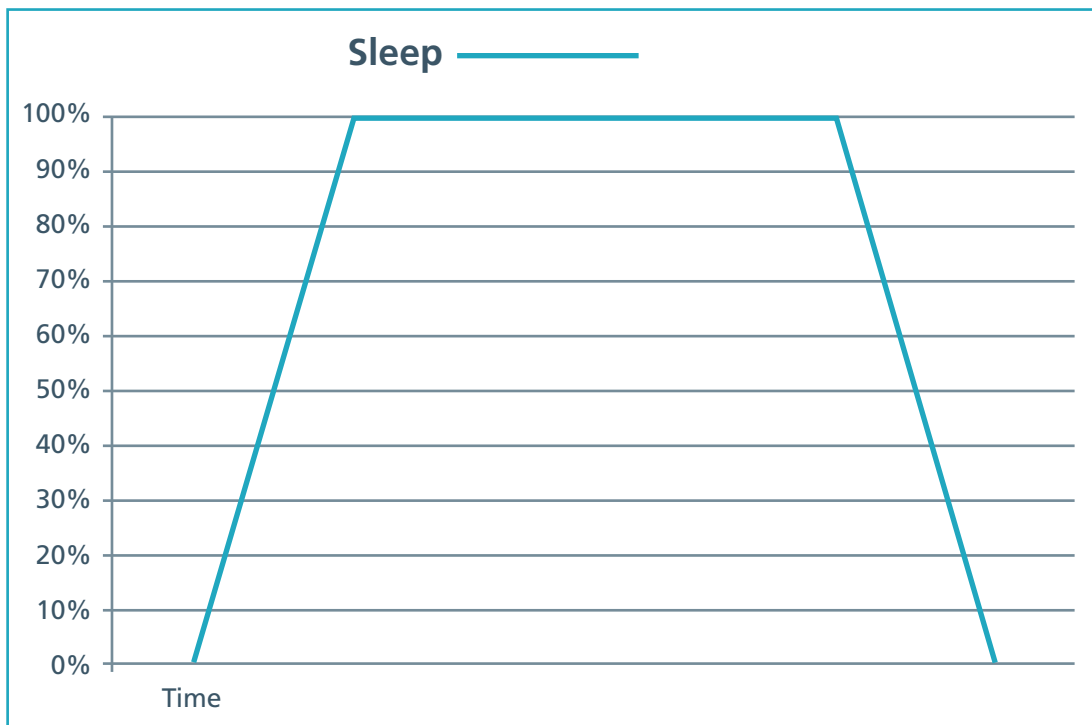
- Make you feel tired, lack energy and motivation.
- Reduce performance and concentration.
- Affect mood.
- Increase risk of accidents.
- **Make pain worse!**
- You may have other medical conditions that contribute to tiredness, such as Fibromyalgia and Chronic Fatigue Syndrome.

The link between pain and sleep

- Up to 90% of people with long term persistent pain report problems with sleep (Finan et al, 2014).
- Poor sleep is a risk factor for developing persistent pain.
- A study of people without persistent pain when sleep deprived became more sensitive to pain (Finan et al, 2013).

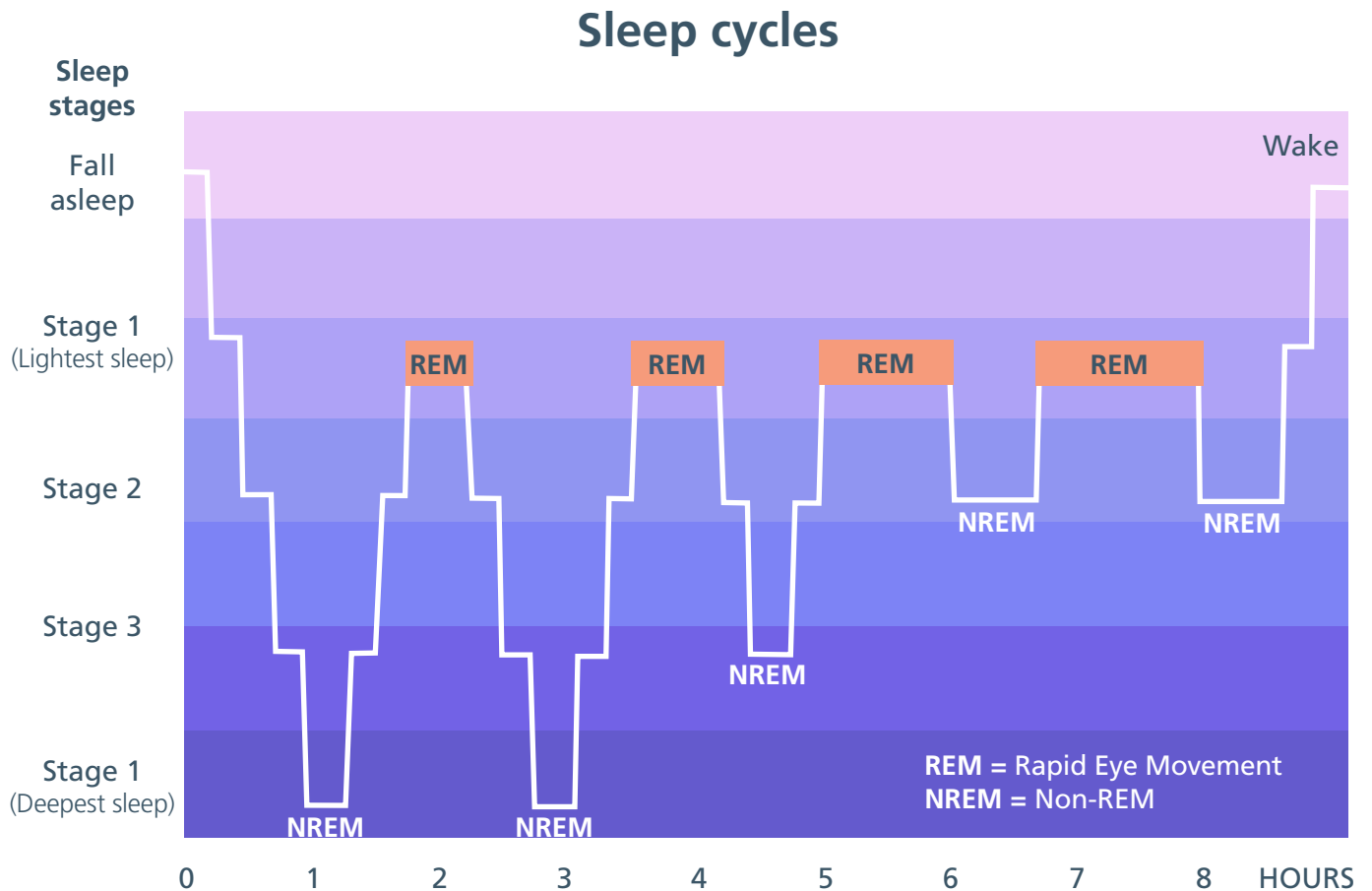
Normal sleep

Often the perception of a good night's sleep is that we fall asleep quickly and spend 7-8 hours in a deep sleep, as highlighted in the diagram below:



But actually:

- Normal sleep occurs in several cycles through the night, about 90 minutes long.
- Cycles are often separated by waking.
- Sleep becomes lighter as the night progresses.
- We spend more time in lighter sleep towards the end of the night.



Getting a better night's sleep with chronic pain

HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



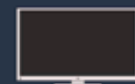
5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



Reset your body clock

Your body clock determines when it is time to go to sleep; this is set by daylight and activity during the day:

- **Aim** to spend some time outside each day.
- **Aim** to do some form of movement / exercise each day.
- **Aim** to avoid day time naps / resting on the bed during the day.
- **Aim** to go to bed at the same time every day.
- **Aim** to get up at the same time every day.

Imagery

A detailed image of a pleasant place or event, involving all senses. You need to plan this in advance and practice.



15/30 minute rule

- Set a limit on time spent trying to sleep.
- Get up and do something unstimulating.
- Don't eat or put bright lights on, only return to bed when you feel sleepy.
- **REPEAT!**

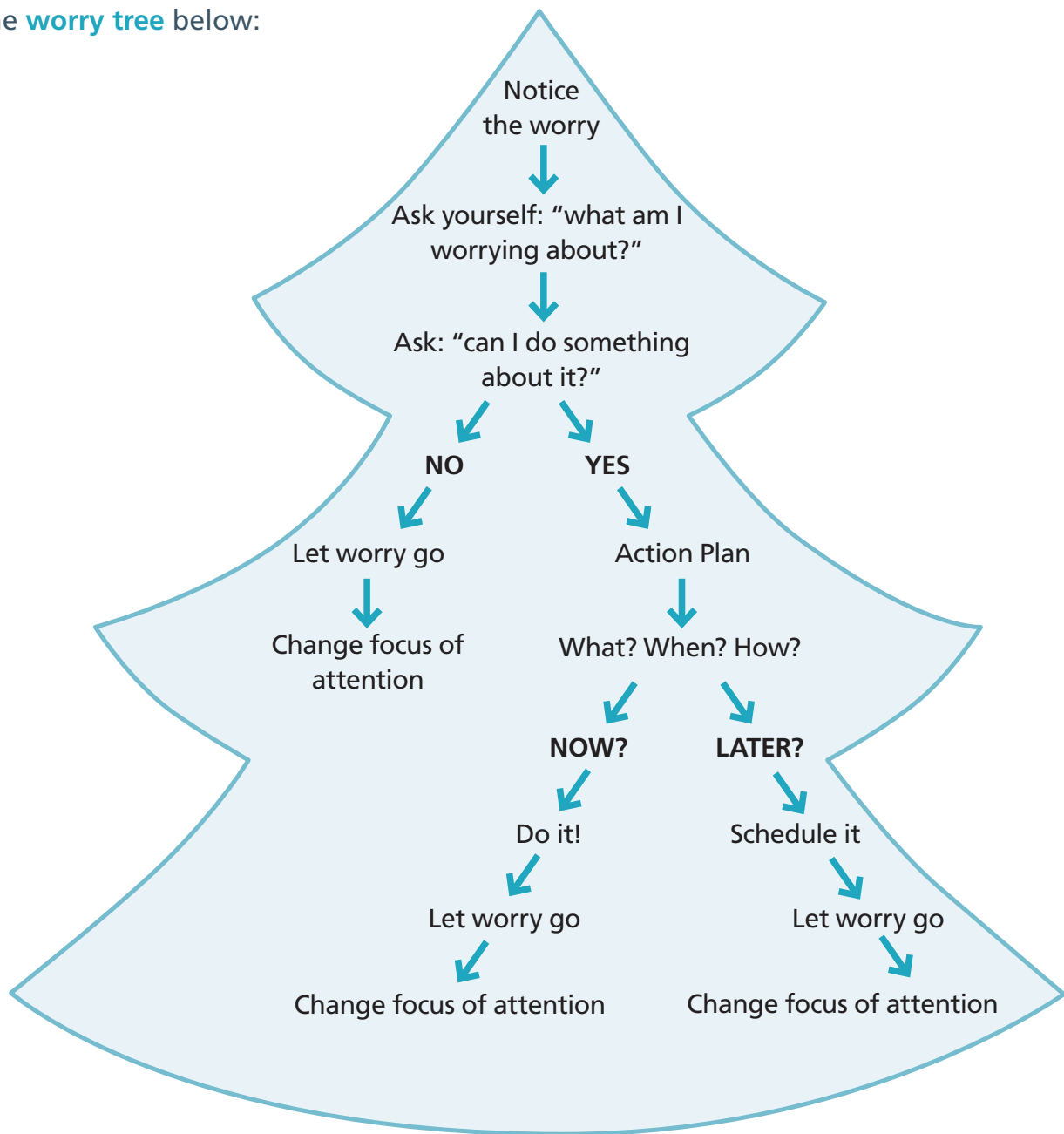
Challenging negative thoughts

Write your negative thoughts down

Question the thought: Is the thought true? Yes ☐ No ☐

Is the thought helpful? Yes ☐ No ☐

Use the **worry tree** below:



Try changing how you express the thought, for example:

Thought – ‘I am a burden to everybody’

Change this to - ‘I am having a thought that I am a burden to everybody’

Relaxation / mindfulness

Mindfulness is about noticing with kindness our thoughts and feelings and accepting them rather than fighting them. It is about being in the present rather than spending time thinking about what could be / what ifs / what was.

Trying to cure pain and rid ourselves of unhelpful thoughts can lead to a life of dissatisfaction. Mindfulness focuses on how we react to thoughts.

Useful links for Mindfulness

- Free online mindfulness course – www.palousemindfulness.com
- Free mindfulness course - www.mindfulnessexercises.com
- An NHS approved digital course which has a free introduction - www.bemindfulonline.com
- The pain CD - <http://www.paincd.org.uk/>

Medical problems

Check if there are any medical problems that are affecting your sleep that you need to discuss with your GP, such as:

- Sleep apnoea.
- Restless legs.
- Needing to go to the toilet frequently during the night.

Alcohol

Avoid excessive amounts of alcohol because this can affect the quality of your sleep.

Homework

1. Please complete the sleep dairy below.
2. Please add your sleep goals to your Pain Management Plan.
3. Try some mindfulness exercises from the links above.
4. Please look at the following sources of information.

Resources

- Prof Russell Foster <https://www.bbc.co.uk/programmes/b08hz9yw>
- Dr Neil Stanley - sleep expert 'How to Sleep Well' - <https://sleepcouncil.org.uk>
- <https://www.sleepfoundation.org/>
- <https://www.surrey.ac.uk/surrey-sleep-research-centre>

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Sleep diary

Use this table to record your sleep pattern for a week.

Day	Time you went to bed	Time you fell asleep	Number of times you woke up	Your sleep was disturbed by (e.g. stress, storing, noise, pain, physical discomfort, etc.)	If you were disturbed what did you do (e.g. got up, took medication, toilet, tv, etc.)	Time you got out of bed in the morning	Total hours you slept during the night	Hours slept during the day (Please complete at the end of each day)
Mon								
Tues								
Weds								
Thurs								
Fri								
Sat								
Sun								

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Weekly goal planner

Use this table to allow you to plan your goals and work on them each week.
Try to have a good balance of your activity throughout the day and remember to pace yourself.

Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7