

## Sleep

Pain may interfere with your sleep patterns. Pain, muscle tension, anxiety and other factors can make it difficult for you to get to sleep, stay asleep or impact on the quality of your sleep.

Poor sleep can increase your pain, muscle tension, stress and anxiety, as well as make you feel fatigued the next day.

The good news is that there are lots of things you can do to ensure you get a good night's sleep!

Check your sleeping environment. Your bedroom should be dark, quiet and comfortable. And not too hot or too cold.

Don't put too much pressure on yourself to go to sleep. This leads to anxiety and stress if you don't fall asleep quickly. Feeling anxious or stressed can affect your ability to sleep.

If you can't sleep, get out of bed rather than stay there tossing and turning. Have a warm drink (e.g. milk, not caffeine), do some gentle stretches or breathing exercises, try some muscle relaxation or pleasant imagery, and go back to bed when you feel comfortable.

Develop a sleep routine so that your body clock can build a strong sleep wake cycle. Do this by going to bed and getting up at consistent times each day, even on weekends.

Try some relaxation techniques before bed. These techniques will help you become more relaxed and may help you manage your pain better so that you go to sleep, and sleep well.

Write down any thoughts, worries and anxieties that might be on your mind, preventing a good sleep. Don't take them to bed. Write them down and then put them away. You can deal with them tomorrow.

Be active during the day. Regular exercise and physical activity will help you fall asleep and stay asleep longer.

Don't look at the clock. Constantly checking the time can make you anxious and anxiety makes it hard to sleep. Try removing your clock from the bedside, or cover it up at night.

Avoid using electronic equipment and technology when in bed. This includes computers, TV and mobile phones.

Get ready for sleep by winding down before bed. Avoid caffeine and alcohol for several hours before going to bed, as well as vigorous exercise in the late evening. Don't watch TV shows or movies that disturb or stimulate you.

Avoid napping during the day. Daytime naps can get in the way of a good night's sleep. Only nap when you really need to, and limit a nap to 20 minutes.

Try not to worry about your sleep. Many people who have trouble sleeping often worry that their sleep problems are worse than they really are. And worrying makes it harder to sleep. Tell yourself that rest is good, even if you are not asleep.