

## SLEEPING WELL

- Sleeping too much or for too long.
- Dropping off to sleep in the day.

For many people with chronic pain, there are some **extra problems** that can interfere with getting a good night's sleep.



### SLEEP PROBLEM LIST USING THE FIVE-AREAS TOOL

Tick the extra problems other than pain that affect your sleep at the moment:

#### **Bedroom or sleeping-place situation**

- I can't get comfortable in bed.
- Partner's snoring problems getting worse.
- It is noisy in the house or outside.

#### **Body symptoms**

- I get cramp(s).
- I can't lie still.
- I've got restless legs.
- My medicines make me feel drowsy.

## OVERCOMING CHRONIC PAIN

- My medicines make me feel too wide-awake.
- Medicines to help me sleep make me feel 'hungover' and drowsy the next day.
- My snoring problem is getting worse.
- I wake up because of pain or nightmares.

### **Moods and thoughts**

- My mood goes down in the night, and I end up feeling more miserable.
- I feel tense and it's harder to get back to sleep once I've woken up.
- I end up with my problems and worries going round and round in my head.
- Time passes so slowly in the night and there's no one to talk to.

### **Behaviours/Actions**

- I don't get enough activity in the day.
- I end up napping in the day.
- I did too much yesterday.

Other things you or others have noticed

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