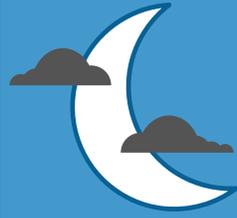


How do I know if I have poor sleep hygiene?

- Sleep disturbances and daytime sleepiness are the most telling signs of poor sleep hygiene.
- If you are experiencing a sleep problem, evaluate your sleep routine. It may take some time for the changes to have a positive effect.

What sleep hygiene routine is best for me?

- If you're taking too long to fall asleep, or awakening during the night, you should consider changing your bedtime habits.
- It is important for you to maintain a regular sleep-wake schedule throughout the week and consider how much time you spend in bed.



Good Night



Contact Us

For more information on PAMI visit:
pami.emergency.med.jax.ufl.edu
Email: emresearch@jax.ufl.edu
or scan the QR Code



Information adapted from:
The National Sleep Foundation
<https://www.sleepfoundation.org/articles/pain-and-sleep>

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Pain and Sleep

Tips to Keep Pain from Interrupting Your Sleep



How does pain affect sleep?

- Nearly one in four people with chronic pain have been diagnosed with a sleep disorder by their doctor.
- Patients with pain are more likely to have sleep problems that impact their daily lives.
- Both pain and inability to sleep are difficult to treat. One problem can worsen the other creating a cycle.

How will sleep hygiene help my pain?

- Sleep hygiene includes practices that are important for quality nighttime sleep and full daytime alertness.
- Good sleep hygiene practices can prevent the development of sleep problems and disorders.
- Poor sleep has been linked to chronic pain.

Sleep hygiene tips

- **Avoid daytime naps**
 - It can interfere with the normal pattern of sleep and wakefulness.
- **Avoid stimulants**
 - Caffeine and nicotine may make falling asleep more difficult.
 - Alcohol may not prevent falling asleep, but it will disrupt your quality of sleep as the body breaks down the alcohol overnight.
- **Exercise to promote good sleep**
 - Demanding exercise should be done in the morning or late afternoon, not before bedtime.
 - Relaxation techniques, like deep breathing or walking, can be done before bed to help with sleep.
- **Certain foods may disrupt sleep**
 - Avoid eating large meals, spicy foods, or chocolate close to bedtime.

Sleep hygiene tips (cont.)

- **Get Natural Light Exposure**
 - This can help keep a healthy sleep-wake cycle, this is especially important in older adults who may not go outside as often.
- **Create a pleasant and relaxing sleep environment**
 - The bed should be comfortable, the room should not be too hot or cold, or too bright.
- **Start a bedtime relaxation routine**
 - Avoid emotional conversations or activities before bedtime.
 - Don't bring your problems to bed.
- **Associate your bed with sleep**
 - Reserve the bedroom for sleeping.
 - Avoid TV, radio or electronic devices before bedtime.