

Sleep Better. Feel Better.

Chronic pain can interrupt sleep while poor sleep can worsen pain.

Tips for Better Sleep

- Keep a regular sleep routine. Go to bed at the same time each day.
- Make the bedroom a sanctuary for only sleep and sex. No TV. No computer. No reading.
- Keep the bedroom dark, cool, and comfortable.
- No caffeine after noon.
- Minimize use of nicotine, alcohol, and sleep medications.
- Avoid exercise late in the evening.
- Remove clocks from the room.
- No screen time (TV or computer) before bedtime.
- Do something relaxing like read a book or bathe before bedtime.
- Limit daytime naps to 20-30 minutes.
- Don't lay in bed if you can't sleep. Go to another room and read or do something else to relax.
- Don't worry about your quantity or quality of sleep – you can still function the next day no matter how much or how little sleep you get.

