



DORSET PAIN MANAGEMENT SERVICE

SLEEP WEBINAR GROUP BOOKLET



Name: _____

Date: _____

Lead Clinician: _____



SLIDES 1, 2 AND 3



Welcome
Glad you're here!

Housekeeping:

- The webinar will last approximately 2 hours.
- Move around as much as you need to get as comfortable as you can.
- We will have a break 1 hour (halfway through) the webinar.

Group Disclaimers:

- We really value your engagement in the webinar, and we are happy to hear you share your experiences and what has worked for you in managing your pain. If you choose to share any self-management techniques, we kindly ask you to also mention that this has worked for you although it may not work for everyone.
- We are unable to provide information regarding medication for sleep difficulties as we are not a sleep clinic.
- Please be mindful what you share. We never know what challenging experiences and events other people have had in their lives. We want you all to feel this is a safe space.



SLIDES 4 AND 5

What is sleep?

How do you treat yourself when you are having difficulty sleeping?



THE POWER OF ASSOCIATION

Our brains are powerful and brilliant at making new associations. When we experience pain (acute or chronic) in bed, our brains can sometimes make the association that bed equals pain (bed = pain).

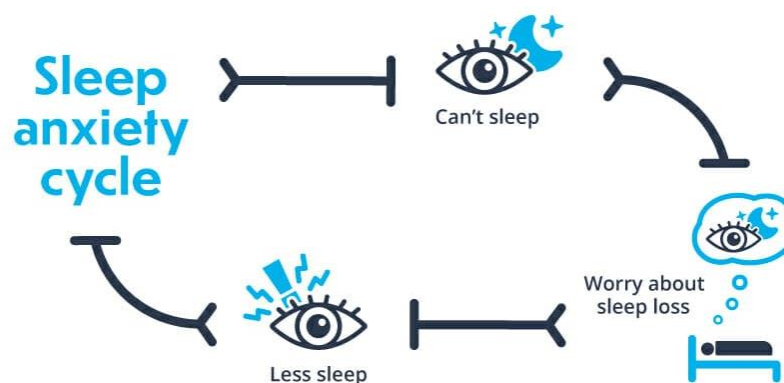




SLIDE 6

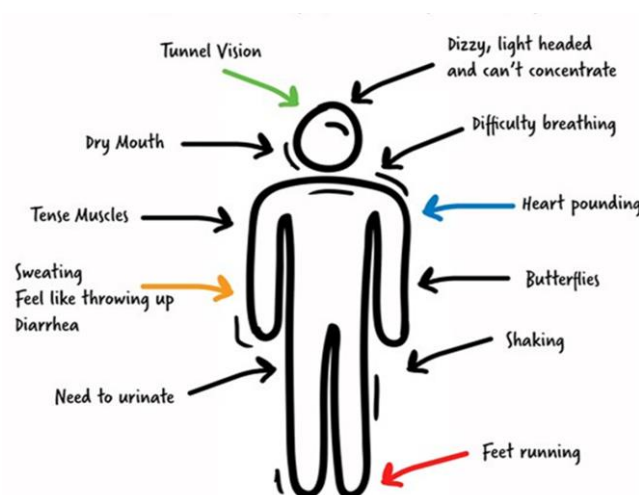
We spoke about how our brain can create associations earlier with the example of expecting pain when we are going to bed and to sleep.

As a result of this, we may experience worry and anxiety at the thought of having another difficult night. When we finally get into bed and try to sleep, we might worry about how much sleep and the quality of sleep we will get and then we have less sleep because we are worrying.



Sleep Anxiety Cycle

This cycle of worry can cue our 'fight or flight' response to kick in and release stress hormones in our body making it even harder for us to sleep. Think of the phrase 'tired but wired'.

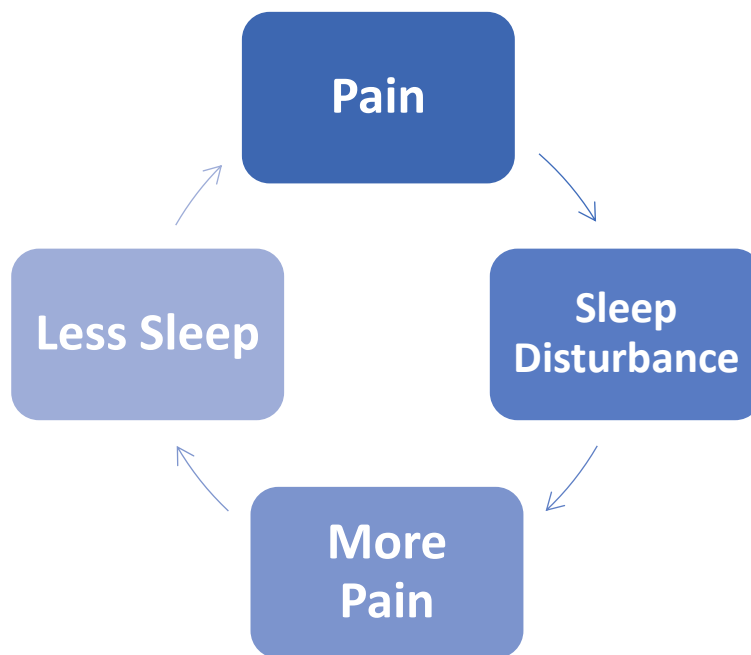


Fight or Flight Physiological Responses



SLIDE 7

We can find ourselves in a cycle where pain makes sleeping difficult, and poor sleep worsens pain.



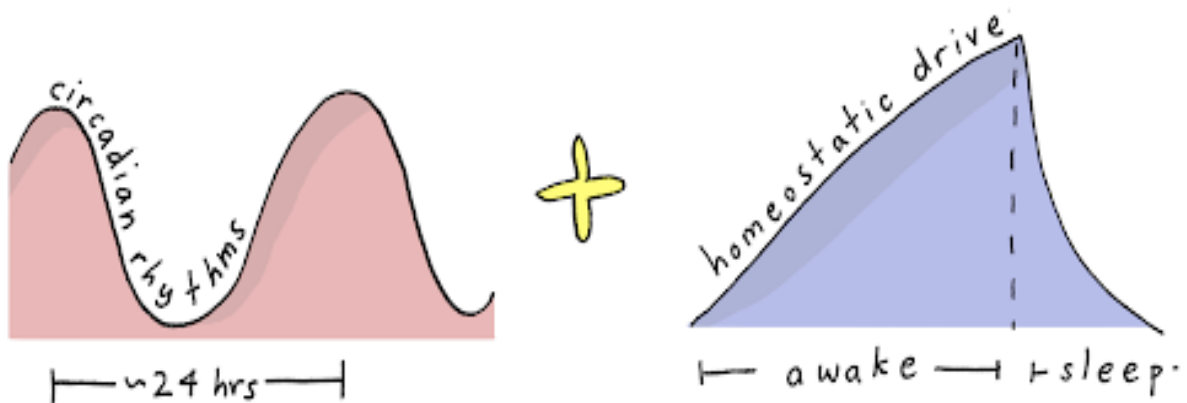
What are some common causes of sleep disturbance, when experiencing pain?

How do you feel after a broken night's sleep?



SLIDE 9

Your circadian rhythm is a 24-hour internal clock that runs in the background of your brain and cycles between sleepiness and alertness at regular intervals. It is also known as your sleep/wake cycle. This biological clock is controlled by a group of cells in the brain that respond to light and dark signals.



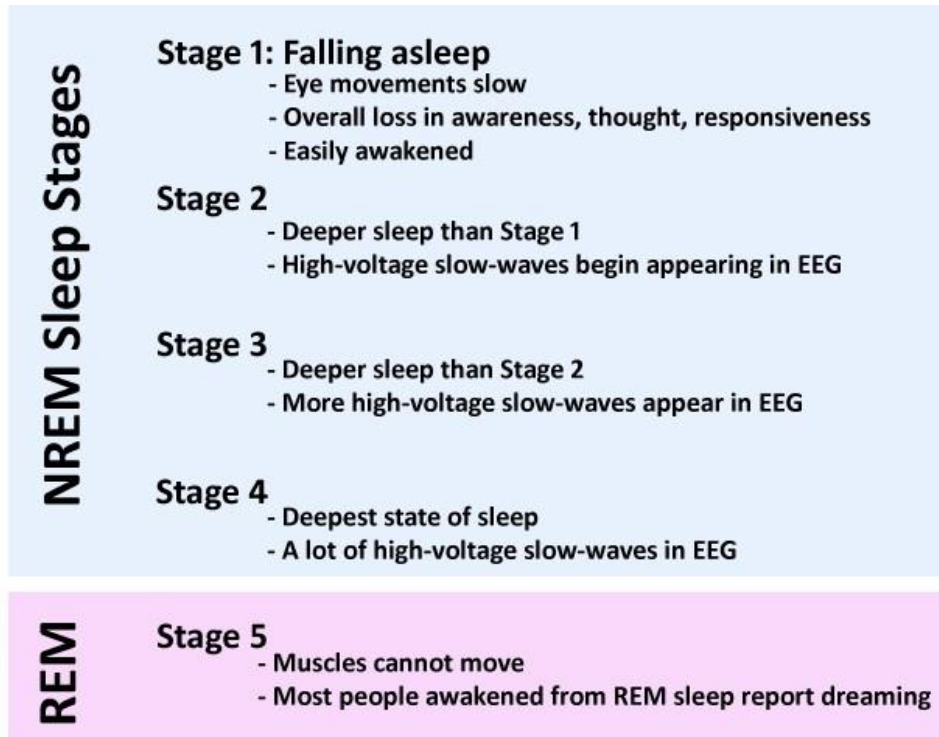
Melatonin, a hormone released in the body, helps our sleep/wake cycle. Melatonin levels rise in the evening and stay elevated throughout the night, promoting sleep. Throughout the hours of daylight, our melatonin levels are low, so we are able to get on with what we need to do during the day.

NOTES



SLIDES 10, 11 AND 12

Non-Rapid Eye Movement (REM) have 4 stages (stages 1–4). REM has one stage (Stage 5)

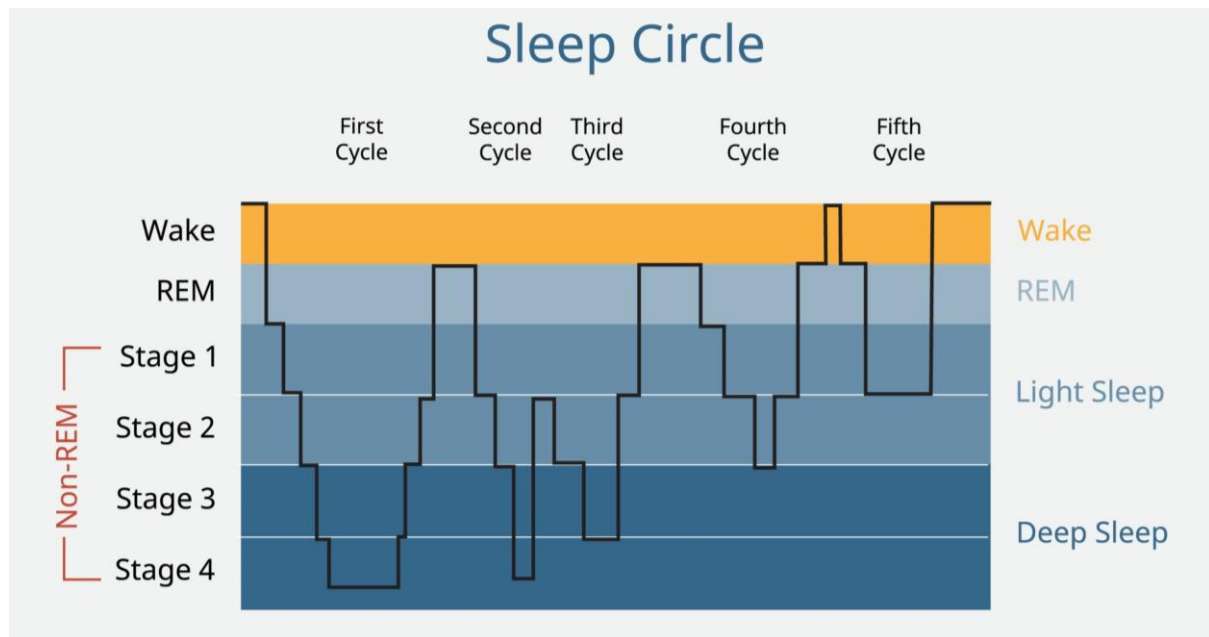


STAGE 1: NOTES

STAGE 2: NOTES

STAGES 3 AND 4: NOTES

STAGE 5: NOTES



Sleep Cues:

- 1.
- 2.
- 3.
- 4.
- 5.

NOTES



SLIDES 13, 14 AND 15

Sleep hygiene is valuable for our health and wellbeing. Sleep hygiene can help us maintain routine and improve our sleep. There are many different things we can do to improve our sleep hygiene.



Lifestyle

- Caffeine
- Nicotine/alcohol
- Exercise
- Diet



Bedroom/environmental factors

- Noise
- Temperature
- Light
- Comfort



Wind down routine

- Preparing for sleep
- Relaxation

ENVIRONMENT NOTES



LIFESTYLE NOTES

GENERAL NOTES



SLIDE 16

Having a wind down routine is very important to help our body relax. Aim for this routine to begin 60 - 90 minutes before you go to bed.

MY WIND DOWN ROUTINE



SLIDES 17 AND 18

When we try and sleep (but we can't) it can be really frustrating, and we might have thoughts such as 'I need 8 hours of sleep' or 'how am I going to fix this?'. Our thoughts about sleep can act like a downward spiral and chaining effect leading to a negative mood which can also impact on sleep.

Our perception of sleep is important: If we start to try and control sleep – sleep can become associated with anxious thoughts - leading to increased arousal - counterproductive.

There are ways we can try and change the way we see and feel about our experience(s). By using self-talk statements, we can try and challenge the thoughts we are having.

These statements could be:

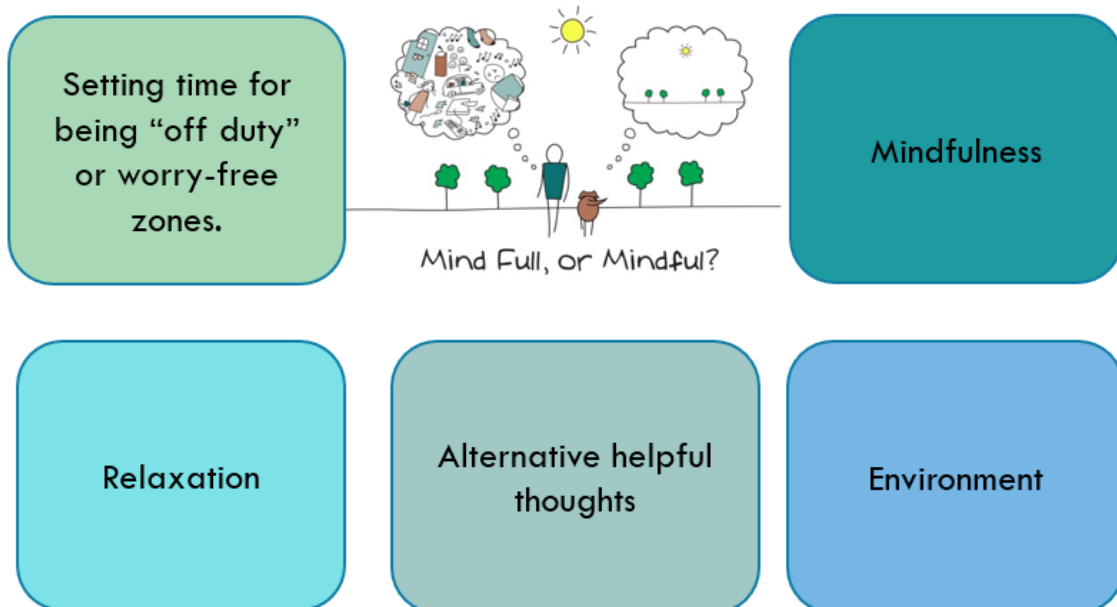
- I've had a couple of good nights this week so there is a chance that I might sleep well tonight.
- I know lots of strategies that I can try to help me sleep better.
- I have been able to manage OK after not much sleep.
- I know I will still be able to do all the things I'd like to do tomorrow.

MY SELF-TALK STATEMENTS



There are a few ways we can try and manage our worry and anxiety when we are trying to sleep. These are:

- Overcoming unwanted thoughts.
- Using alternative helpful thoughts.
- Worry-time.
- Relaxation.
- Mindfulness.
- Environment.



WHAT AM I GOING TO PUT IN PLACE?



SLIDES 20 AND 21

Take home messages:



It's very common for people with persistent pain to have difficulties getting to sleep or staying asleep **however** the really good news is that there are lots of ways to improve your sleep.



The body clock is 24 hours, what we do during the day helps prepare for sleep



Relaxation can be a useful resource when you are struggling with sleep and can be helpful as part of a wind-down routine to help prepare your body for sleep.



Our thinking matters!



Aim to strengthen the connection between bed and sleep – bed is for sleeping!



Sleep loves consistency and routine



Small lifestyle changes can make a huge difference

RESOURCES

<https://dorsetpain.org.uk/Home/Welcome/Audio--Video-and-Further-Resources/Audio>

<https://sleepfoundation.org>

Adults - The Sleep Charity (<https://thesleepcharity.org.uk>)

LiveWell Dorset | Health & Wellness Coaching | Free Advice & Support · LiveWell Dorset – search 'Sleep' (<https://www.livewelldorset.co.uk/articles/good-sleep>)

Books:

Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive-Behavioral Techniques - Dr Colin Espie

The Sleep Book: How to Sleep Well Every Night - Dr Guy Meadows