

What happens when I do not get enough sleep?

- You may be short tempered.
- It can slow your thinking.
- You might make poor decisions.
- You yawn a lot.
- You might have hallucinations (see or hear things that are not there).
- You are at a higher risk for:
 - An infection
 - Type 2 diabetes
 - Heart disease
 - Tremors
 - Aches and pain
 - Weight gain

How much sleep do I need?

- Most adults need at least 7 to 8 hours each night.
- Some adults are fine with 6 hours.
- Some adults need 10 hours.
- The need for sleep does not get less as you age.

★★ Make sleep a priority ★★

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This information does not replace the advice given to you by your healthcare provider.

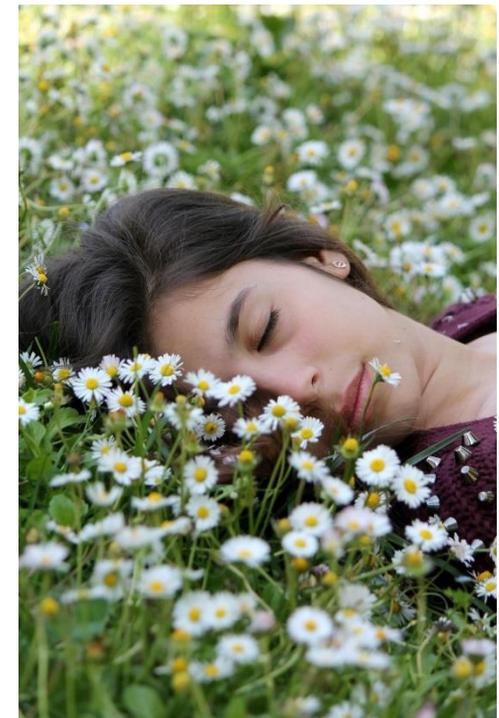
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Sleep

Pain Management Clinic

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Outpatient Care and Surgery Centre



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Chronic pain is:

- ✓ complex
- ✓ resistant to many medical treatments

You do have more control over your pain than you might think.



What is sleep?

Sleep is...

more than a block of time when you are not awake

Sleep is not...

'down time' from our busy daily activities when our brains 'shut down'

What is a typical night's sleep?

There are five stages of sleep.

Different things happen in each stage.

Your brain is 'working' during sleep.



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Stages of sleep

Non Rapid Eye Movement (Non-REM) Sleep

- Stage 1 Thoughts wander, less aware of the world around you
- Stage 2 Light sleep, easy to rouse
- Stage 3 Deep sleep, not easy to rouse
- Stage 4 Deep sleep, not easy to rouse

Rapid Eye Movement (REM) Sleep

- Stage 5 Rapid eye movement happens every 90 minutes, Length of time in REM longer as night progresses

Sleep and pain

The pain may not go away even when you sleep.

Pain can make sleeping problems worse.

Problems sleeping can make pain worse.

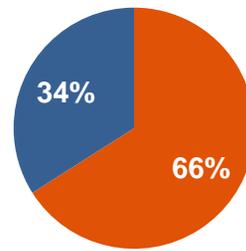
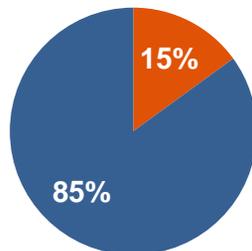
Problems sleeping

15% of all people have problems sleeping

66% of people with chronic pain have problems sleeping

All People

People with Chronic Pain



- Problems sleeping
- No problems sleeping



Not asleep-not awake by Aaron Edwards (CC BY-NC 2.0)/Flickr.com

Common sleep problems

- Trouble falling asleep
- Waking up during the night
- Waking up too early
- Not feeling rested after waking up

Common causes of sleep problems

- changes in daily routine
- grief, worry, stress, anxiety
- environment (noise)
- sleep during the day
- too much caffeine
- side effects of medication(s)
- shortness of breath
- medical conditions like pain, COPD, heart problems, arthritis