

Difficulty falling and staying asleep is one of the most common problems that individuals with chronic pain experience. Sleep can be disturbed by pain, the medication used to treat pain, and the stress of living with chronic pain. Sometimes how individuals respond to the lack of sleep—such as taking naps, resting in bed during the day, drinking extra coffee, and/or worrying about the lack of sleep—makes the problem worse.

The following guidelines can establish positive sleep habits and increase the likelihood of gaining more sleep despite the presence of pain. It is important to follow these guidelines consistently and be willing to give them some time to work.