

sleep and pain

## Description

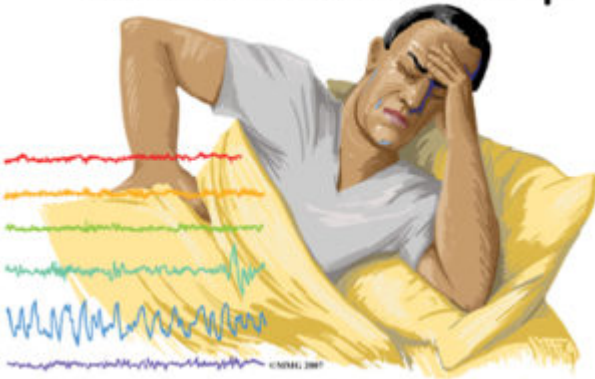
Does pain keep you awake at night? “Sleep, or lack of it, may be a sign that surgery might help.” Dr. Nora listed several indicators including **sleep and pain**. Sleep difficulty jumped out at me.

Several customers have complained about sleep challenges so I thought I’d share some problems associated with pain and lack of sleep plus some remedies.

When pain is first experienced, most people do not experience sleeplessness. However, when pain becomes a problem, it can be a vicious cycle. If someone experiences poor sleep due to pain one night, he or she is likely to experience more problems the next night and so on. It gets worse and worse every night.

We know that pain triggers poor sleep. Someone experiencing lower back pain may experience several intense phases of light sleep which lead to awakenings. These periods of light sleep are innocuous for a person not experiencing chronic pain. Pain is a serious intrusion to sleep. Pain is frequently associated with insomnia and these coexisting problems can be difficult to treat. One problem can exacerbate the other.

### Chronic Pain and Sleep



A 2015 **sleep and pain** study conducted by the [National Sleep Foundation](#) verified by numbers which we could have guessed: people with chronic pain are three times more likely to get a bad night’s sleep even though over half of all Americans experienced pain in the last week.

Without a good night's sleep, one gets grumpy, is less able to function and the perception of one's general health status goes down. Sleep is necessary for healing and restoring every internal organ and without it, health does deteriorate.

We often turn to drugs—both prescription and over the counter, and alcohol to try to get to sleep. This suggests being very intentional about getting good sleep.



\*Stop or limit caffeine consumption.

\*Limit alcohol intake, particularly in the evening.

\*Use of pain killers and/or sleeping pills are effective, but should be used under the supervision of a physician.

\*Practice relaxation techniques, such as deep abdominal breathing.

Personally, I go to bed by the clock, not by my sleepiness. I can get a second wind if I get started on a new project—web search, emails, Face book—in the late evening which keeps me up. I know I will wake up at 5:30 so aim for head-on-the-pillow by 10:30. Seven hours of sleep. When I wake up at 5:30, I usually listen to soothing music, do a Nidra Yoga or Back Pain relief to stay in bed until 6:15.



just before going to bed. Some people take a hot shower or

bath to aid the transition to sleep.

Shaklee makes an herbal supplement called [Gentle Sleep Complex](#) which has passion flower extract and chamomile extract plus 225 mg of Valerian. Three tablets before bed helps you go to sleep.

I take several [Pain Relief Complex](#) tablets, also. I put Shaklee's [Joint and Muscle Pain Cream](#) on my lower back and then lie with an ice pack under the my back while I listen to a meditation tape.



What have you found that helps with 7 – 9 hours of deep

restful sleep? Please add your comments so other readers can benefit from your experience.

Be well, Do well and Keep moving.

Betsy

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1. herbal pain relief
2. herbal sleep aid
3. pain
4. sleep
5. sleep and pain

## Date Created

May 2016

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