

Sleep & pain

What it is

Pain can make it hard to sleep, and poor sleep can make pain feel worse. A steady sleep routine may help break this cycle.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

Same bedtime
each night



Side-lying with a pillow between the knees

It may help with

- Fibromyalgia
- Low Back Pain
- Neck Pain
- Arthritis

Self-care tips

- Go to bed and get up at about the same time every day, including weekends.
- Keep the bedroom cool, dark and quiet; use the bed for sleep.
- Stop caffeine by early afternoon and limit alcohol, which can disrupt sleep.
- If you cannot sleep after about 20 minutes, get up and do something quiet in dim light until you feel sleepy.

How to start

Back sleepers: Pillow under knees

Side sleepers: Pillow between knees

Getting out of bed: Roll, then push up

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/sleep/



Scan for the full web
page

This handout is general information and is not a substitute for medical advice.