



Essential Skills for Pain Management

Session 3

Sleep Improvement

Agenda

Check in - Session 2 SMART plan

Review Session 2

Sleep Architecture

Sleep Improvement

Create a SMART plan

Check In – SMART Plan

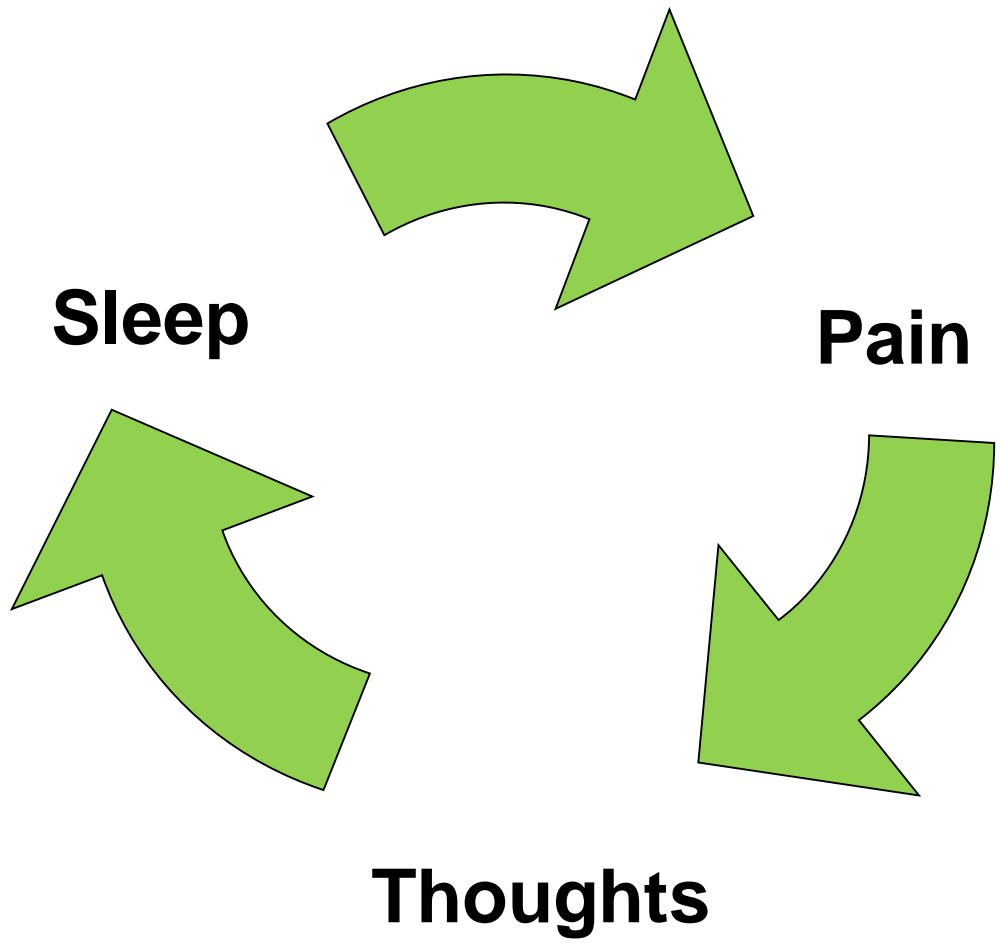
- How did you do with your SMART plan last week?
 - Successes
 - Challenges

Review Session 2

- Thoughts and Pain
- Acceptance and Values
- Mindfulness Meditation



**How does your sleep
affect your pain?**



**What are you doing now to
help you sleep well?**

What is good sleep?

Sleep Quality is more important than the number of hours spent sleeping.

- Fall asleep quickly
- Fewer awakenings
- Wake feeling rested
- Good sleep architecture

Why is good sleep important?

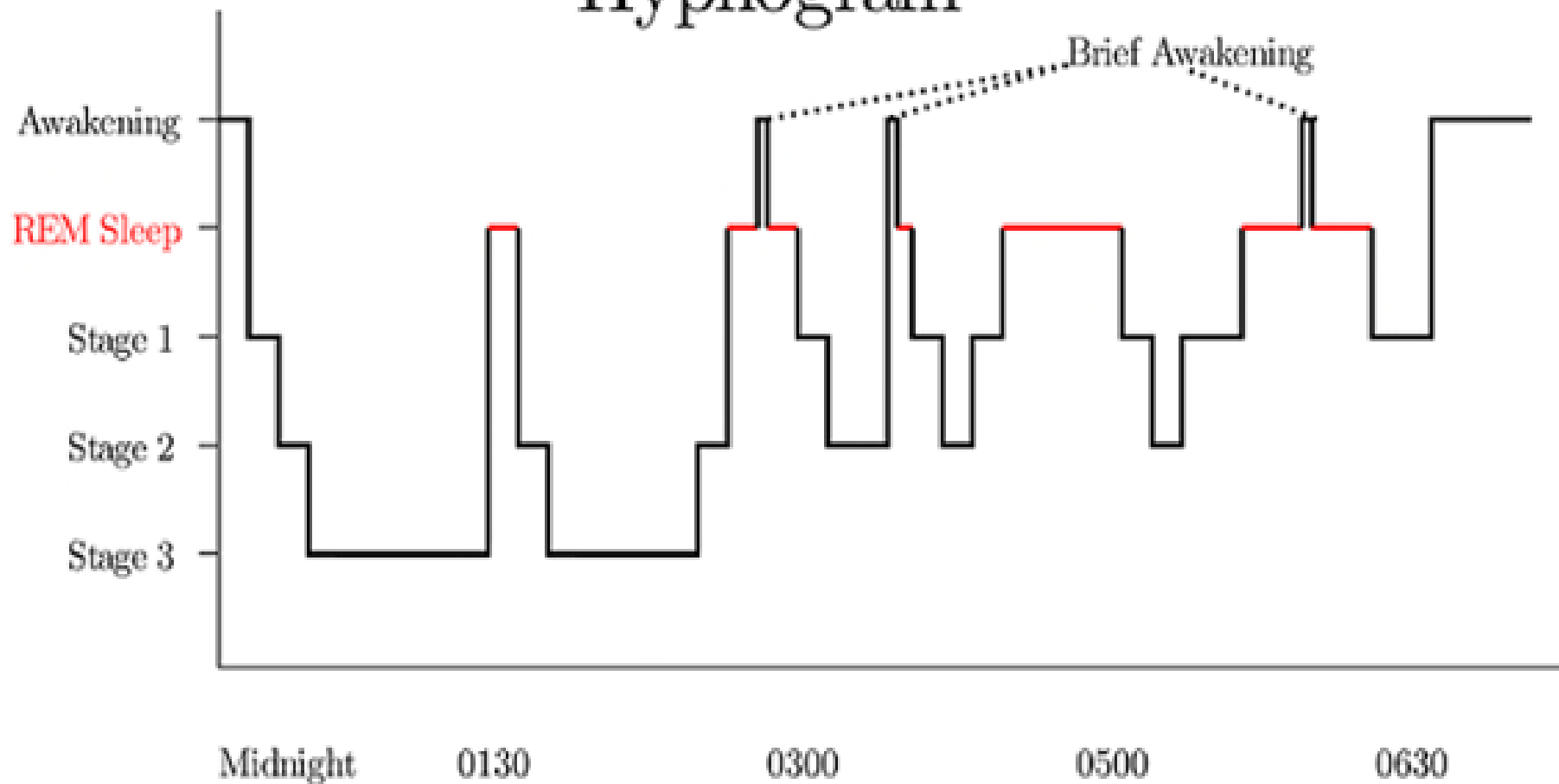
- Healing
- Pain reduction
- Emotional well being
- Promotes healthy brain function

Sleep is a Learned Behavior

- We learn how to sleep well and how to sleep poorly
- Sleep problems can start during a stressful time in life, grief, or even when on vacation
- These temporary sleep problems can easily become **learned habits**

Sleep Architecture

Hypnogram



Let's Learn The #1 Sleep Strategy!

Sleep Restriction is the #1 Strategy

- The goal is to retrain your body to fall asleep quickly, have good sleep quality and wake feeling rested.
- Sleep less to make your sleep more efficient and effective
 - Set Wake Up Time (Example: 6:30 am)
 - Subtract the number of hours you usually can sleep at night (Example: 5 hours)
 - Your new bedtime would be 1:30 am
 - No naps or sleeping in

More Strategies to Improve Your Sleep

- See “More Sleep Strategies and Tips” handout
- Improving Your Sleep **(916) 474-6248**
 - 4 sessions offered by Health Education



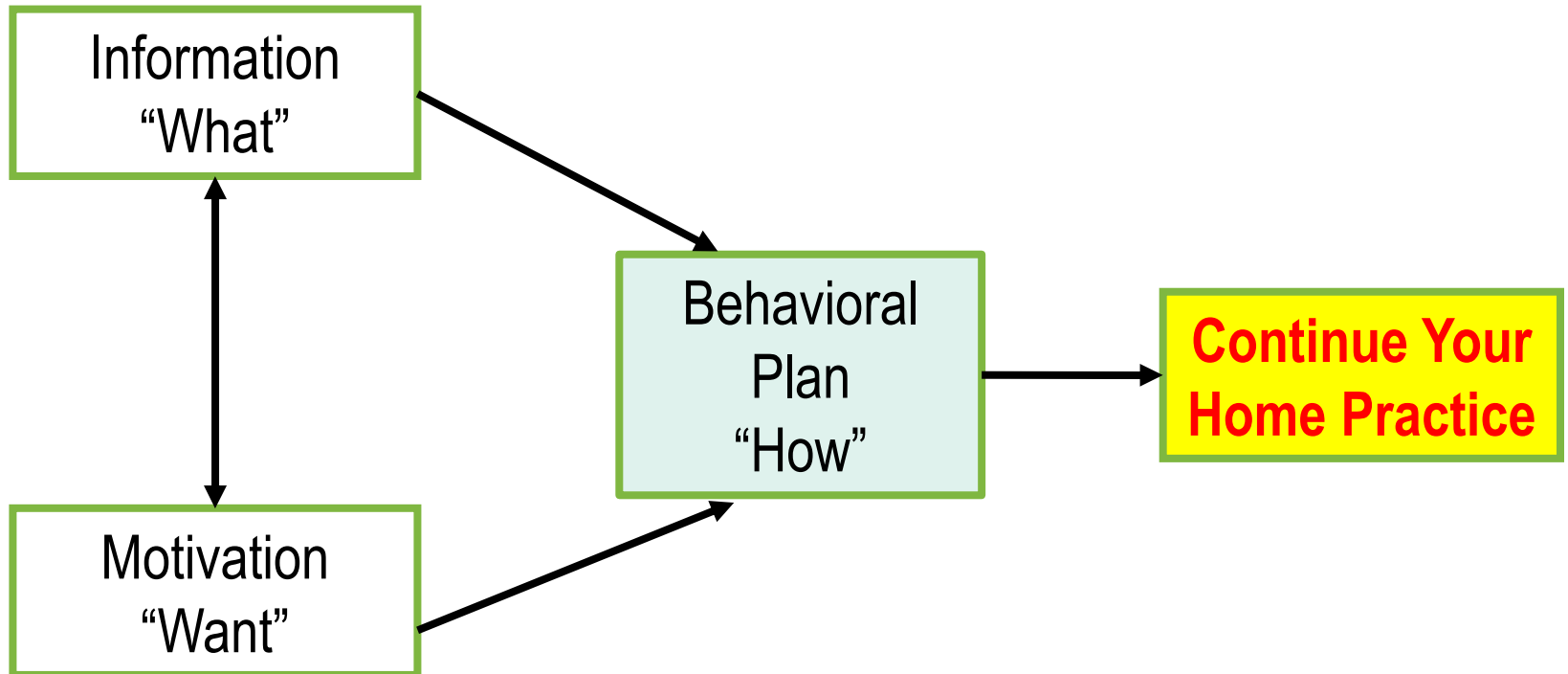
Continue to Practice Mindfulness Meditation

■ Posture

1. Sit upright in a comfortable position
2. Feet flat on the floor
3. Place hands on thighs or cup in your lap
4. Observe your breath (nose/mouth or belly)
5. Every time your mind wanders away from your breath, say: “Thank you” and return your attention back to your breath



Information-Motivation-Behavior Change Model



(Fisher & Fisher, 1992)

Your SMART Plan

Turn to the **SMART** worksheet to plan your home-practice for session 3

1. **S**et a goal for the week
2. **M**onitor your practice
3. **A**rrange your environment
4. **R**ecruit support
5. **T**reat yourself

**How would your life improve if you
had less pain?**

**When will you get started on your
SMART treatment plan?**