

Sleep Planner

Create your own Sleep Plan for a good night's sleep

How to use this Sleep Planner

It's very common for people with persistent pain to have difficulty getting to sleep or staying asleep.

The really good news is that there are lots of ways to improve your sleep.

Thanks to recent research, we now know that sleeping well with pain is possible, with a different approach and maybe a few new skills.

There are five main areas where simple changes can make a huge difference:

1. Your daily routines
2. Your activity levels
3. Your food and drink choices
4. Your night-time routines
5. Helping mind and body to rest

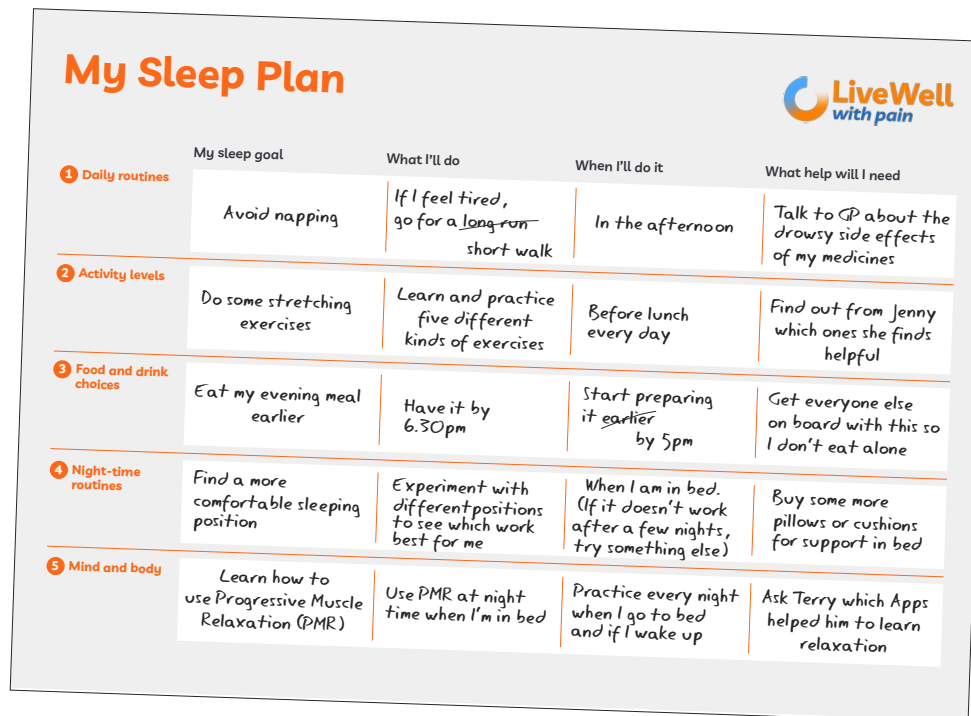
Live Well with Pain has lots of useful resources to help you learn more about these five areas. So check out the website to explore what kinds of changes you could try:

[livewellwithpain.co.uk/resources-for-people-with-pain/shortcuts/five-changes-for-better-sleep/](https://www.livewellwithpain.co.uk/resources-for-people-with-pain/shortcuts/five-changes-for-better-sleep/)

Our booklet – *How to Sleep Well with Pain* – also has lots of useful tips.

Then, when you've decided on the changes you want to make, use the Sleep Planner overleaf to help you put the changes into action.

TOP TIP: When building your Sleep Plan, remember to make sure it passes the 'REST' test – see below.



| | My sleep goal | What I'll do | When I'll do it | What help will I need |
|--------------------------|--|---|---|---|
| 1 Daily routines | Avoid napping | If I feel tired, go for a long-run short walk | In the afternoon | Talk to GP about the drowsy side effects of my medicines |
| 2 Activity levels | Do some stretching exercises | Learn and practice five different kinds of exercises | Before lunch every day | Find out from Jenny which ones she finds helpful |
| 3 Food and drink choices | Eat my evening meal earlier | Have it by 6.30pm | Start preparing it earlier by 5pm | Get everyone else on board with this so I don't eat alone |
| 4 Night-time routines | Find a more comfortable sleeping position | Experiment with different positions to see which work best for me | When I am in bed. (If it doesn't work after a few nights, try something else) | Buy some more pillows or cushions for support in bed |
| 5 Mind and body | Learn how to use Progressive Muscle Relaxation (PMR) | Use PMR at night time when I'm in bed | Practice every night when I go to bed and if I wake up | Ask Terry which Apps helped him to learn relaxation |

An example of a completed Sleep Plan

To make sure your Sleep Plan passes the the REST test, everything in it should be:

Realistic

Be realistic about what is possible so that you give yourself every chance of success. For example, rather than trying to learn three different relaxation techniques at once, just focus on one to start with and practice it for at least two weeks.

Enjoyable

The more enjoyable your goal is, the more likely you are to succeed. For example, if you decide to stop drinking caffeinated drinks at night, replace them with drinks you really like.

Specific

The more detailed your plan is, the more likely it is to happen. So, if you are going to do some physical activities, plan exactly what you are going to do and when.

Timed

Create routines that are good for your sleep by doing things at a time that's right for you. Give things a try for a few weeks before adding in something new.

My Sleep Plan



My sleep goal

What I'll do

When I'll do it

What help will I need

1 Daily routines

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2 Activity levels

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3 Food and drink choices

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4 Night-time routines

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5 Mind and body

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