

# Connects

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REHABILITATION PROGRAMS

Improved function. Decreased pain. Increased mobility. Now that's getting back into life—that's SpineOne!

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## Improving Sleep for Clients with Pain



Sleep disturbance is one of the most common complaints for people living with chronic pain. A national Sleep Foundation study found that two thirds of respondents living with chronic pain reported difficulty sleeping.

In the case of severe, unremitting chronic pain that has a sustained and negative impact on function and lifestyle, those numbers are likely even higher.

Unfortunately, despite the high co-occurrence of sleep problems among people living with pain, treatment is often a secondary consideration, managed primarily with medications that may or may not create other unhealthy side effects.

At the SpineOne program, helping our clients get better sleep more naturally is a prime part of our curriculum, addressing behavioral and environmental factors that can help improve quality of sleep.

For example, arranging the sleep environment to facilitate falling asleep and staying asleep can help cue the body that it's time for rest.

Some helpful tips include:

- Block unwanted sounds in the room with earplugs or "white noise" machines or fans.
- Keep your room temperature on the cool side of the range in which you feel comfortable. Temperatures above 74°F or below 54°F have been found to disrupt sleep.
- Feeling sleepy is often related to exposure to light and darkness. Make sure you are exposed to good light during the day, but at night too much light in the room can be disruptive.

Consider light blocking curtains, unplugging devices that emit light in the dark or try a sleep mask that covers your eyes.

- Make sure the sleep surface of your bed is comfortable and not too saggy or lumpy. Make sure your bed is big enough to accommodate you and your sleep partner so that you have plenty of space for yourself.
- Remove any "sleep stealing" devices from your bedroom including TVs and computers that may tempt you into "alert" activities just before bed. For more information on suggestions for improving sleep with pain, please visit these websites:

www.sleepfoundation.org  
www.mayoclinic.com  
www.ncbi.nlm.nih.gov

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SpineOne's focus – and commitment – is to work with clients in helping them achieve optimized function in their lives. Through medically-directed treatment teams and evidenced-based rehabilitation, SpineOne has a direct impact on decreased neck and back pain and improved mobility and function. Another component of SpineOne's treatment approach is through a partnership with DBC – Documentation Based Care. This partnership brings together state-of-the-art technology with compassionate and collaborative treatment to deliver sustainable outcomes.