

SLEEP THERAPY

For people with persistent pain.

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

If you have persistent pain and are regularly struggling to fall asleep, stay asleep or are suffering from lack of sleep – read on!

JOIN US to find out more about how pain affects sleep. Get tips and ideas, and discover techniques to support you have better quality sleep (*because it is likely there are several causes for your sleeping difficulties*). As well as advice, you'll also meet other people with sleep challenges, share experiences, and hear what they've found helpful – to get a better nights rest.

Examples of what's included:

- Understand what normal sleep is.
- Consider how pain disturbs sleep and affects health and mood.
- Get tips, ideas and advice for a better nights sleep.
- Leave with goals, a sleep plan and tools to support better quality sleep.
- Light refreshments.

Here's what people said who came along:

"I didn't know what to expect! but everyone was friendly. I learned a lot about pain and sleep, and realised there's some stuff I have a habit of doing that probably doesn't help – but I also got great tips, and left with my plan of things I can do to try and sleep better, that I'm excited to try".



For more information or to book your place locally, either speak to your Rethinking Pain Health Coach or email us on: info@rethinkingpain.org



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