Sleep and Pain: course objectives

**Aim**

To introduce and apply a biopsychosocial model to the assessment and management of sleep problems for people with pain, using cognitive and behavioural principles.

# Objectives

At the end of the course the delegate should have an understanding of:

* normal sleep
* how sleep is measured, including the use of sleep diaries
* major sleep disorders
* the distinction between fatigue and sleepiness
* the relationships between pain and sleep
* the assessment of sleep in routine clinical practice
* non-pharmacological sleep interventions including:

sleep hygiene, stimulus control, cognitive and behavioural approaches including cognitive behaviour therapy for insomnia (CBT-i)

* the role of exercise in sleep management
* the evidence base regarding non-pharmacological sleep interventions
* stress and worry management in relation to sleep management
* when to refer to a sleep specialist