



Sleep and Chronic Pain Resources

September 2023

1. National Sleep Foundation: [Pain and Sleep>>](#)
2. NPR: [Anxious Thoughts? 5 Tips to Help You Sleep>>](#)
3. National Sleep Foundation: [Mastering Sleep Hygiene: Your Path to Quality Sleep>>](#)
4. US Pain Foundation: [How Pain Impacts Sleep>>](#)
5. Veteran's Affairs: [Insomnia Coach: Free CBT-I App>>](#)
6. Cleveland Clinic: [How to Beat Insomnia When You Have Chronic Pain>>](#)
7. National Sleep Foundation: [20 Tips for How to Sleep Better>>](#)
8. National Sleep Foundation: [Sleep Solutions...Products Tested & Reviewed>>](#)
9. Medical News Today: [Why Sleep is Essential for Health>>](#)
10. Pain Health : [Sleep and Pain>>](#)