



## **Sleep- Questions**

- 1.) How has chronic pain and symptoms changed your relationship with sleep?**
- 2.) What helps shift your body from awake mode to rest mode?**
- 3.) What nighttime routines have helped you get ready for sleep?**
- 4.) What helps you stay calm in those moments when it doesn't lead to sleep?**
- 5.) Have you noticed any patterns between your pain flares and sleep quality?**
- 6.) What helps you feel connected if you are awake while others are sleeping?**
- 7.) How has disruption of sleep changed your daily routine or identity?**
- 8.) What small sleep improvements have made the biggest difference for you?**
- 9.) What does rest mean to you when sleep is difficult?**
- 10.) If you could design your ideal sleep environment or schedule, what would it include?**
- 11.) Have you found any breathing, relaxation, or grounding techniques helpful before sleep?**
- 12.) What questions have helped you advocate for better sleep care?**
- 13.) How does poor sleep affect your pain levels the next day?**
- 14.) What comforts help during those long nights? (music, pets, journaling, podcast, etc)**
- 15.) What signs or signals does your body have that you are too over stimulated to sleep? What helps you wind down?**

- 16.) What patterns do you notice with seasons, weather, or stress with sleep?
- 17.) How do you balance wanting better sleep with accepting unpredictable nights?
- 18.) Have you experimented with light, temperature, or sound changes to help sleep?
- 19.) What tools and tips can you share to help you get comfortable to sleep?
- 20.) How do you balance screen use and sleep needs realistically?
- 21.) How do you know when your body is asking for rest versus sleep?
- 22.) What has helped you when you wake up in the middle of the night and can't return to sleep?
- 23.) What has made you feel most heard when discussing sleep with a provider?
- 24.) How do you practice self-compassion when sleep isn't happening?
- 25.) What strategies help you release guilt about resting or sleeping at unusual times?
- 26.) What does good enough sleep look like for you right now?
- 27.) How do you celebrate small wins related to rest or sleep?
- 28.) How do you communicate sleep needs to others in your life?
- 29.) What has surprised you about your ability to adapt to sleep challenges?
- 30.) What has helped you reduce fear or anxiety around going to bed?
- 31.) What role does movement and stretching play in your preparation for sleep?
- 32.) How do you handle nights if pain and symptoms feel louder or more noticeable?

**33.) How do you pace your daytime energy knowing sleep may not be restful?**

**34.) How do you prepare for appointments when you plan to talk about sleep concerns living with chronic pain?**

**35.) How do you stay hopeful during long stretches of poor sleep?**

**36.) How do you know when it might be time to ask for a referral to a sleep specialist?**

**37.) What middle of the night toolkit have you built for when sleep won't come back?**

**38.) What daytime habits seem to support better sleep later? ( hydration, pacing, light exposure, movement)**

**39.) What apps have you used to track your sleep? Please share.**

**40.) How do you reset after a very poor night of sleep without pushing yourself?**