



Sleep-Resources

CDC- [About Sleep](#)

Stanford University- [How to Sleep with Chronic Pain: Key Insights and Actionable ...](#)

Burning Nights CRPS Support- [How To Sleep Better When You Have CRPS or Chronic Pain](#)

The National Council on Aging- [Chronic Pain and Sleep: Advice from Experts](#)

Mindful Institute- [6 Mindful Sleep Strategies When Facing Chronic Pain](#)

Override Health- [My Favorite Tools for Sleeping Through Chronic Pain](#)

Sleep Foundation- [Showering Before Bed](#)

Mindfulness- [7 Evening Journaling Prompts to Unwind and Fall Asleep](#)

Institute for Chronic Pain- [Relearning to Sleep: How to Cope with Pain Series](#)

Healing Brave- [10 Bedtime Affirmations for a Deep and Peaceful Sleep](#)

Advanced Physical Medicine- [Struggling to Sleep with Chronic Pain? These Apps Can Help](#)

YouTube- [10-Minute Guided Sleep Meditation | SELF](#)

YouTube- [3 Minute Meditation | Guided Meditation Before Sleep](#)

Insight Timer- [Free Meditations for Sleep](#)