

Painsomnia

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The International Pain Foundation

Kairos Chronic Pain Coaching
with
Christina H Chororos



“Considering that pain infliction and sleep deprivation are two common methods of torture, it is not difficult to imagine the misery of a person who suffers from not just chronic pain but also insomnia.”

Nicole K. Y. Tang



Today's Discussion

- Introduction
- What IS Painsomnia?
 - Insomnia Facts
 - Chronic Pain/Chronic Illness Facts
 - Pain + Sleep Facts
- Health Risks of Untreated Insomnia
- What Contributes to Insomnia?
- Why Are We So Prone to Insomnia?
- Sleep Hygiene Hacks
- Q + A
- Thank You/Contact Information
- References

What IS "Painsomnia"?

Insomnia Basic Facts:

- Insomnia is defined as, "habitual sleeplessness; inability to sleep."
- 50 to 70 million people in the US suffer from one or several sleep disorders.
- Insomnia is a symptom — not a disease.
- Insomnia has 5 categories:
 - Acute insomnia
 - Chronic insomnia
 - Comorbid insomnia
 - Onset insomnia
 - Maintenance insomnia
- Long-term risks of insomnia are as follows:
 - stroke
 - asthma attacks
 - seizures
 - weak immune system
 - obesity
 - diabetes
 - high blood pressure
 - heart disease
 - sensitivity to pain
 - inflammation

What IS "Painsomnia"?

Symptoms of Insomnia:

- Difficulty falling asleep despite being tired
 - Waking up frequently during the night
- Trouble getting back to sleep when awakened
 - Unrefreshing sleep
- Relying on sleeping pills or alcohol to fall asleep
 - Waking up too early in the morning
 - Daytime drowsiness, fatigue, or irritability
 - Difficulty concentrating during the day

What IS "Painsomnia"?

Chronic Pain/Illness Facts:

- Chronic Pain (CP) is defined as, pain that persists past normal healing time and hence lacks the acute warning function of physiological nociception. Usually pain is regarded as chronic when it lasts or recurs for more than 3 to 6 months.
- Chronic pain can be grouped into 4 categories:
 - neuropathic pain
 - nociceptive pain
 - visceral pain
 - somatic pain

What IS “Painsomnia”?

Pain + Sleep Facts:

- Compared to chronic pain patients who do not have trouble sleeping, those who do, report more severe pain, longer pain duration, greater levels of anxiety, depression and health anxiety, and worse impairment in physical and psychosocial functioning.
- Sleep disturbance experienced by patients with chronic pain can be characterized by longer sleep onset, more frequent and longer awakenings after sleep onset, shorter total sleep time, lower sleep efficiency and poorer sleep quality.
- In the general community, approximately 20% of the people living with chronic pain report at least one symptom of insomnia compared to only 7.4% in those without chronic pain.
- More research is showing that sensitivity to pain and pain conditions follow a 24-hour — or circadian — rhythm.

What IS "Painsomnia"?

Pain + Sleep Facts C'tnd:

- In addition to greater pain severity and longer pain duration, pain patients with sleep disturbance also tend to report higher levels of anxiety, depression and health anxiety than those without any sleep issues.
- People reporting insomnia symptoms are at least 3 times more likely to have a chronic painful physical condition
- Several well-designed experimental studies have demonstrated that sleep deprivation and selective sleep disruption for no less than 3 consecutive nights can decrease pain threshold, amplify negative mood and produce somatic symptoms mimicking those of fibromyalgia in healthy volunteers
- Findings from the latest studies have hinted at a possibility that (i) it is the disruption of sleep continuity rather than simple sleep deprivation that impairs pain tolerance and increases pain perception and (ii) the association between sleep and pain may be mediated by depression and/or cognitive-behavioral factors similar to those involved in the maintenance of primary insomnia

Health Risks of Untreated Insomnia



Cardiovascular problems

Cognitive issues

Mental health and mood problems

Obesity, and obesity-related health problems

Fatigue

Pain

Why Are We More Prone To Suffering From Insomnia?



We are prone to:

- Depression/anxiety
- Stress (finances, relationships, career, etc.)
- Pharmacological treatment plans (and side effects)
 - Ex., While opioids may help you fall asleep, they do not help you get better sleep. Opioids lower the rate of REM and slow-wave sleep necessary for restful, recharging sleep.
- Sedentary lifestyles
- Co-occurring illnesses

- Medical illness
- Psychiatric Illness
- Medication and drugs
- Other sleep disorders
- Poor sleep habits
- Situational factors

So What Contributes to Insomnia?

- Anti-arrhythmics (for heart rhythm problems)
- Beta blockers (for high blood pressure)
- Clonidine (for high blood pressure)
- Corticosteroids (for inflammation or asthma)
- Diuretics (for high blood pressure)
- Cough, cold, and flu medications that contain alcohol
- Headache and pain medications that contain caffeine
- Nicotine replacement products
- Sedating antihistamines (for colds and allergies)
- SSRIs (for depression or anxiety)
- Sympathomimetic stimulants (for attention deficit disorder)
- Theophylline (for asthma)
- Thyroid hormone (for hypothyroidism)

Is It Just Hopeless?

No!

However, conquering insomnia while also grappling with chronic pain/illness takes discipline, patience + consistency!



Christina's Sleep Hygiene Hacks



Sleep hygiene is a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.

- Follow the doctor's orders
- Be committed and pick a date
- Understand your body and then listen to it
- Stick to one bedtime every single night (yep, even weekends)
- The 3/3 Rule.

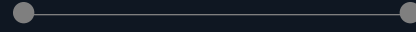
Christina's Sleep Hygiene Hacks C'tnd



Sleep hygiene is a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.

- Create a routine around bedtime.
- No stress
- Keep a notepad by your bedside.
- Kick the clock out of your bedroom
- Skip...naps

Questions + Answers



Q + A

Thank You!



“Hope Is True”

The International Pain Foundation

Please feel free to reach out to us!

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