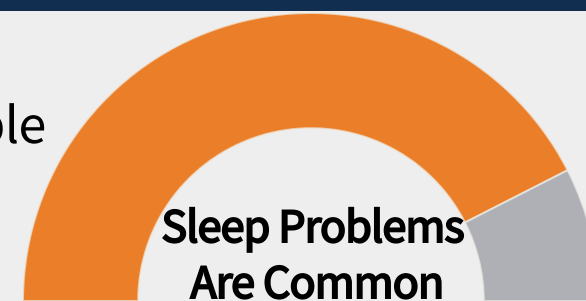


# Trouble Sleeping? Have Pain?



## You're not alone...

Sleep disturbances are reported among 80-90% of people who seek care for persistent pain.<sup>1</sup>



## Did you know the best treatment for insomnia is not medication?

The #1 treatment for insomnia is Cognitive Behavioral Therapy for Insomnia (CBT-I).<sup>2</sup>



## What is Cognitive Behavioral Therapy for Insomnia (CBT-I)?

CBT-I is a practical approach for getting better sleep, often lasting just four to eight treatment sessions. CBT-I aims to interrupt the cycle of poor sleep and re-establish a consistent sleep schedule.



## Why not just take sleeping pills?

The combination of pain and sleep medications can be dangerous. For example, taking Ambien and OxyContin together can suppress breathing and increase the risk of death.



## Does CBT-I work? What do Veterans with pain have to say?\*

**Most reported improvement in sleep quality, even if pain didn't improve.**

*"I'm still in pain, but my enjoyment of life is better."*

*"It was tough at first...Then, it started to get better and better...I wasn't tired. I wasn't lethargic."*

**They described a connection between better sleep and improved quality of life.**

*"It's been a drastic change [in] my social interaction, because I'm actually getting out and doing stuff."*

*"I'm sleeping...I'm able to do more things...To me [this] is huge."*



## What can I do if I have pain and trouble sleeping?

Call your VA facility or ask a member of your health care team about CBT-I if your trouble sleeping is having an impact on your life.



**More information from the VA on CBT-I:**

[https://www.veteranshealthlibrary.va.gov/142,41434\\_VA](https://www.veteranshealthlibrary.va.gov/142,41434_VA)

**\* See the study:**

<https://tinyurl.com/4hd83bfa>



U.S. Department of Veterans Affairs

Veterans Health Administration  
Health Services Research & Development Service

1. Clin J Pain, 32(9):792-9, 2016.

2. The Management of Chronic Insomnia Disorder and Obstructive Sleep Apnea, VA/DoD Clinical Practice Guidelines, 2019