

Trying to Sleep While You Hurt

For nights when the pain will not let you settle.

WHEN TO USE THIS

Use this in the evening, before another hard night.

How much are you hurting right now?

0

1

2

3

4

5

6

7

8

9

10

Barely there

As bad as it gets

What has helped even a little on other nights?

Position, heat, cold, quiet, a fan, sitting up.

1. _____
2. _____
3. _____
4. _____

What makes it worse once you are lying down?

What is your plan if you are still awake at 3 a.m.?

Somewhere to go, something to listen to, no clock-watching.

A bad night is a bad night. Tomorrow does not have to pay for it.