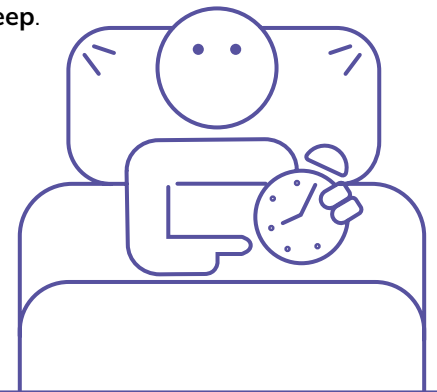


sleep



- 1** Pain can impact your sleep, and poor sleep can in turn make your **pain worse**. Poor sleep may **stop you from doing the activities that you enjoy**, and lack of activity can also **reduce your fitness levels**. Sleep **quality** is as important as sleep **quantity**.
- 2** **What is good sleep?** This will look different for everyone. For some people it is getting seven or more hours of sleep, for some people it is about waking up and feeling refreshed.
- 3** **Getting good sleep** can improve your psoriatic arthritis symptoms and the impact it has on your life. Being **comfortable** in your bed is important for helping you **sleep**.
- 4** There are some simple things you can do to improve your sleep:
 - Try to **go to sleep and wake up at the same time** every day.
 - Do something **relaxing** to **wind down** before you go to bed.
 - **Prepare your room for sleep**. Remove electronic devices and make it dark and cool.
 - Check out some of the links we recommend for more top tips and support with your sleep!



my sleep plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

“Sleep issues can become a slippery slope to worse outcomes. Definitely acquaint yourself with the term “sleep hygiene” and implement all the best practices that you can”. I found that if I followed good “sleep hygiene” such as no TV or computer up to two hours prior to bedtime, incorporating a tepid bath or other general calming techniques such as yoga nidra and breath work, allowed me to get more and better sleep.”

