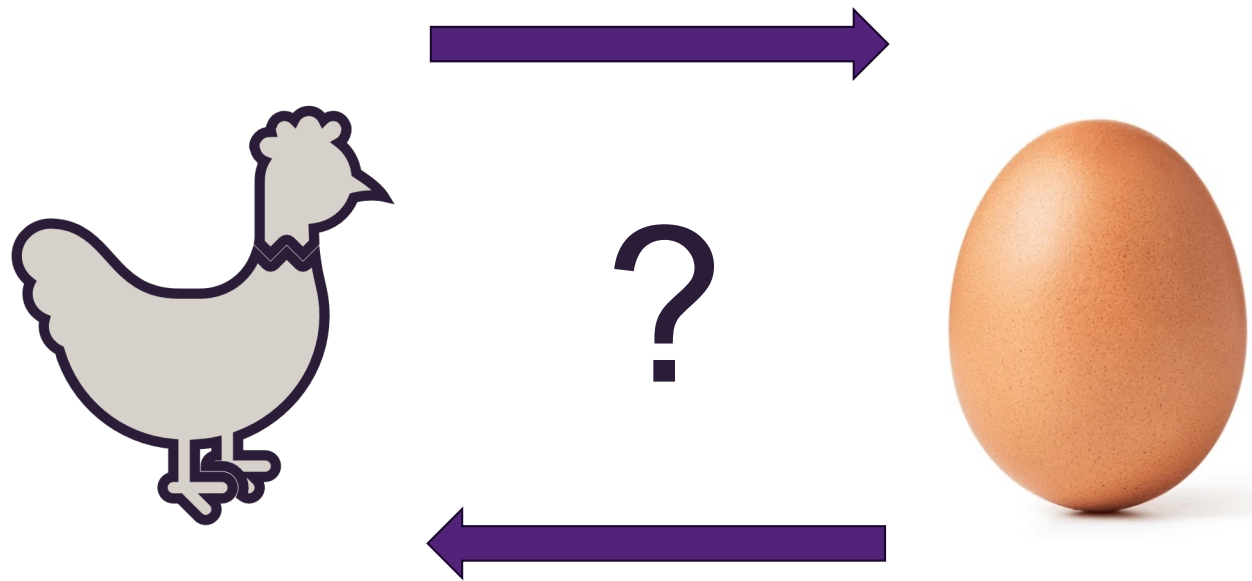


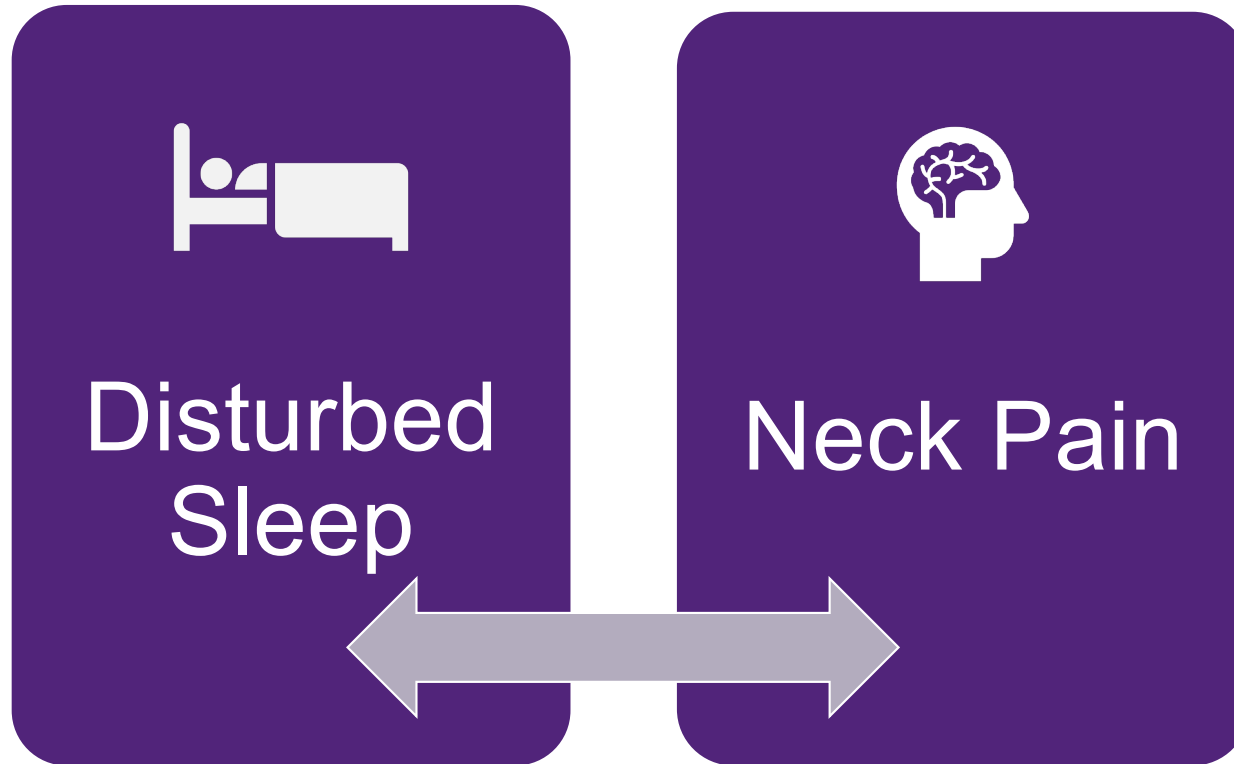
Sleep disturbance and neck pain: a physiotherapists quandary

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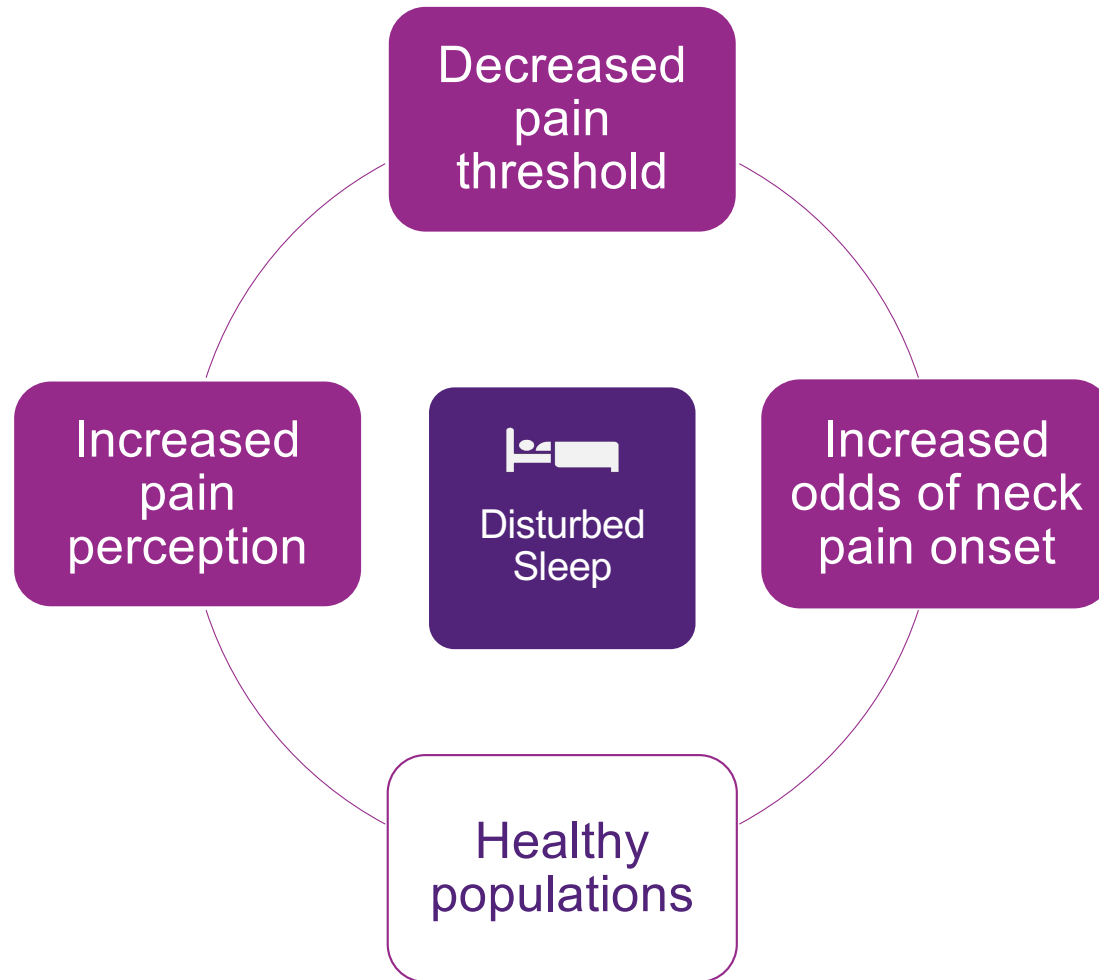
What is disturbed sleep?

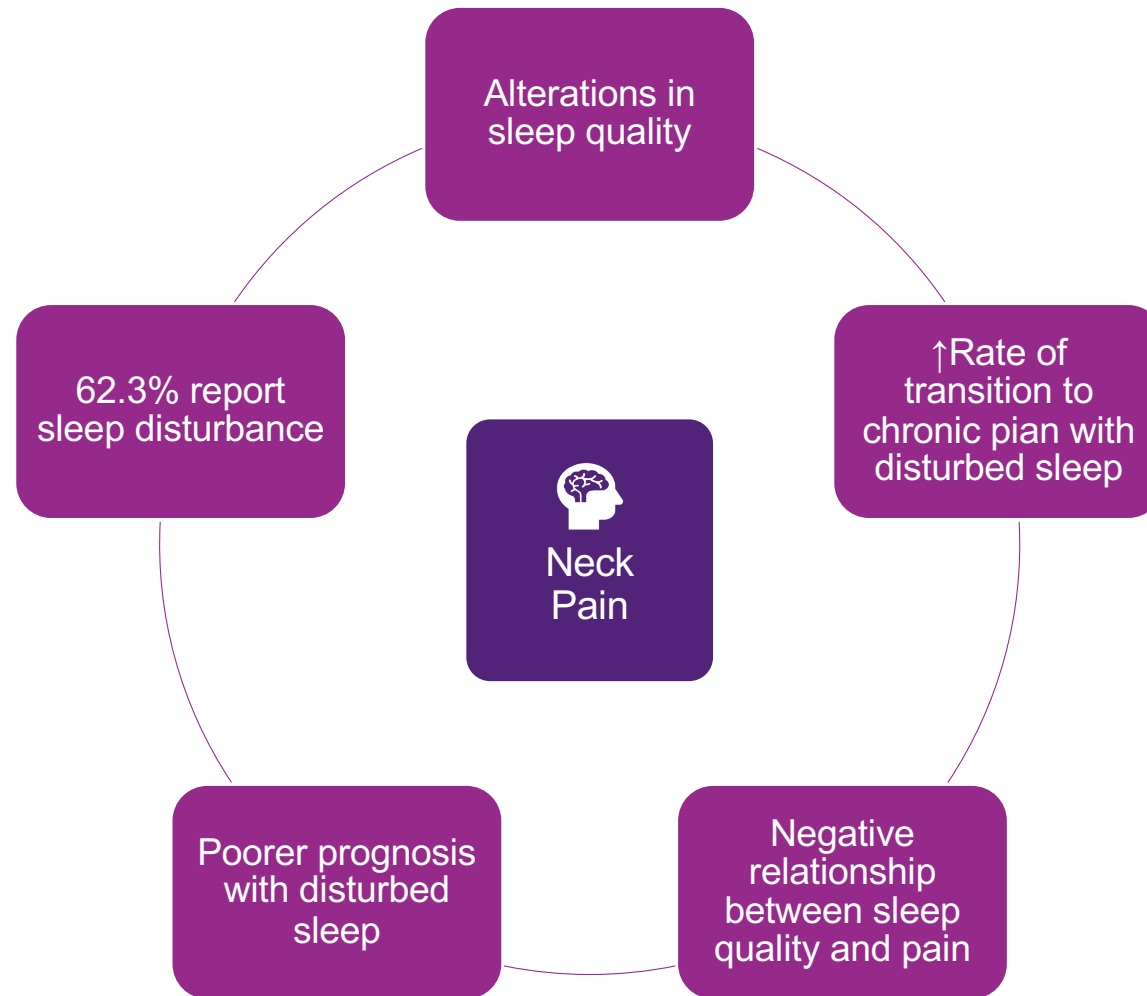
Decreased **Quality** and/or
quantity of sleep

NREM vs REM sleep

Deprived sleep

Insomnia



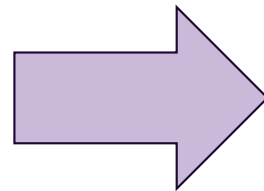


Aldabbas et al 2021; 2022; Kovacs et al 2015; Secer et al 2020

Associations with Transition from acute to chronic Pain



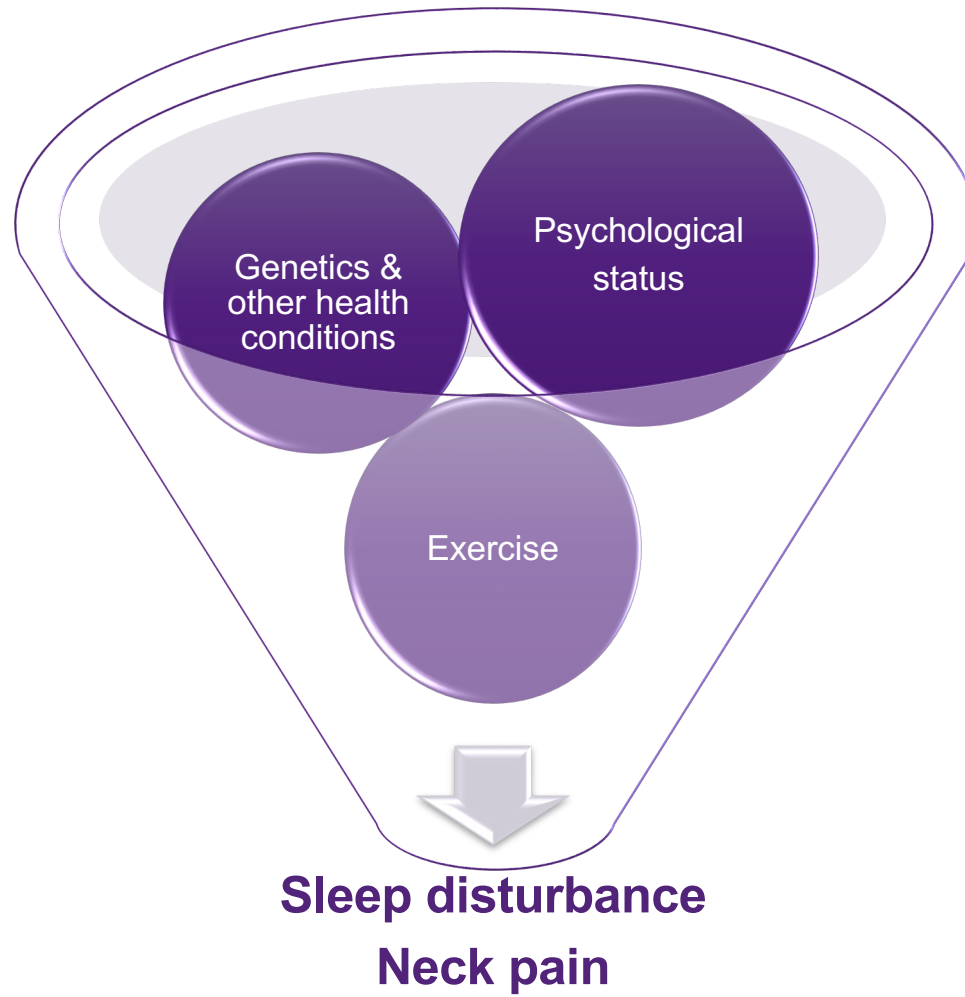
Disturbed
Sleep



- Increased rate of development of chronic MSK pain
- Insomnia Hazard Ratio = 1.6 (SD 1.30–1.96)
- Short sleep duration Hazard Ratio = 1.52 (SD 1.22–1.90)

Generaal et al 2017

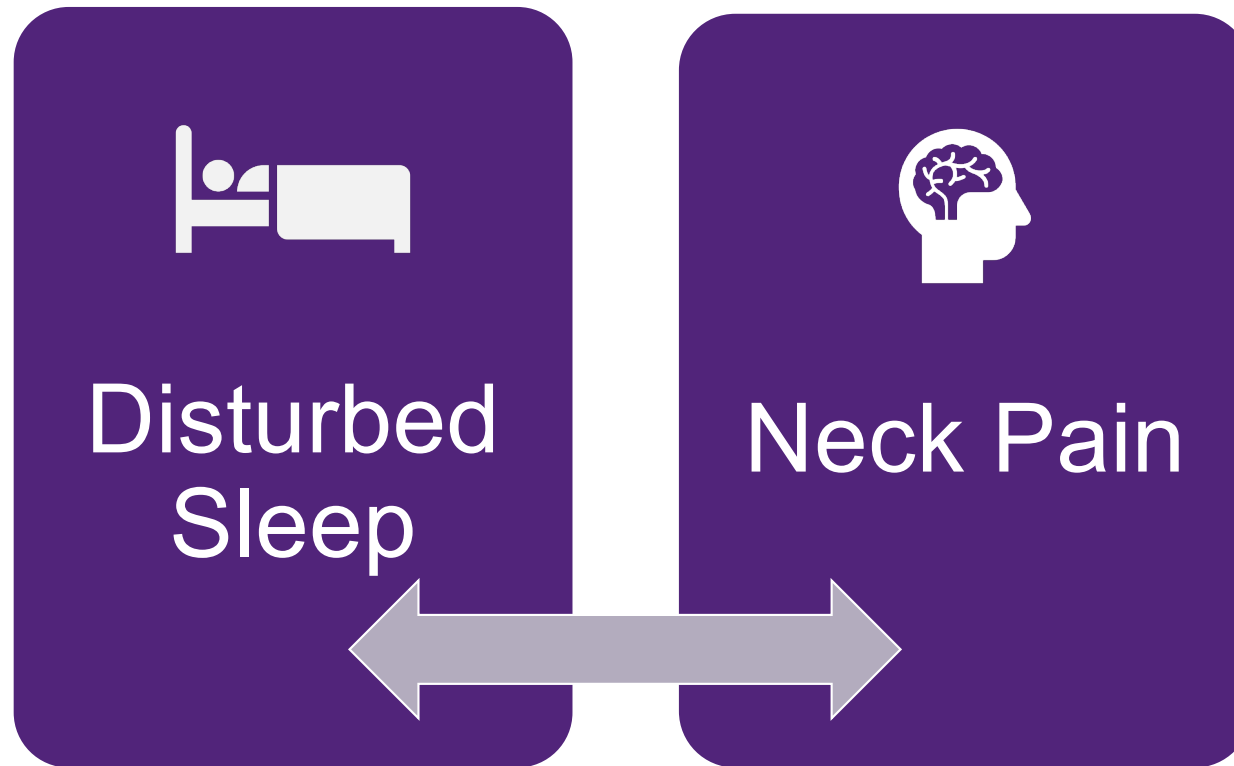
Andreucci et al 2020; General et al 2017; Lee & Oh 2022; Secer et al 2020;

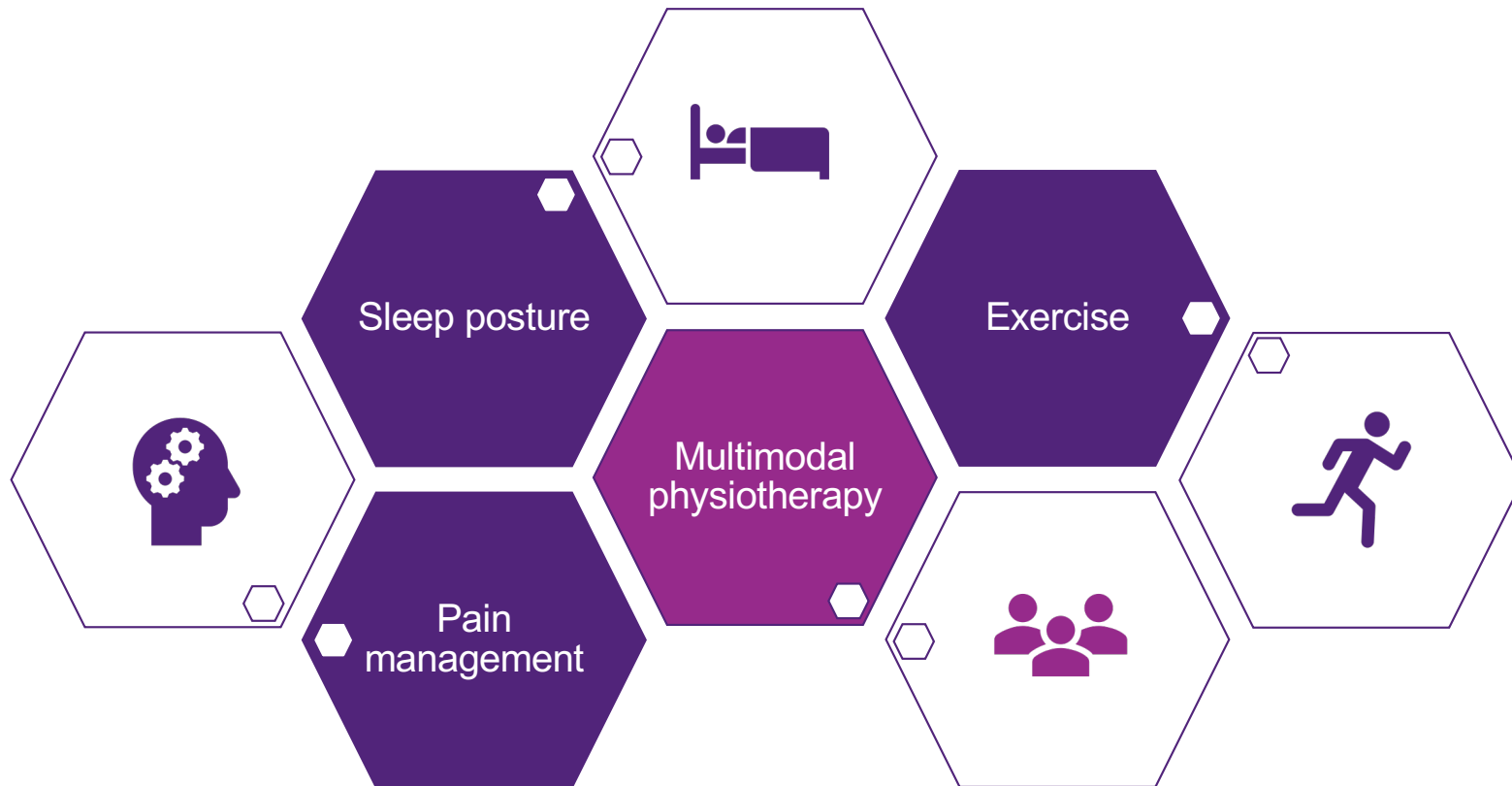


How do we assess sleep disturbance?

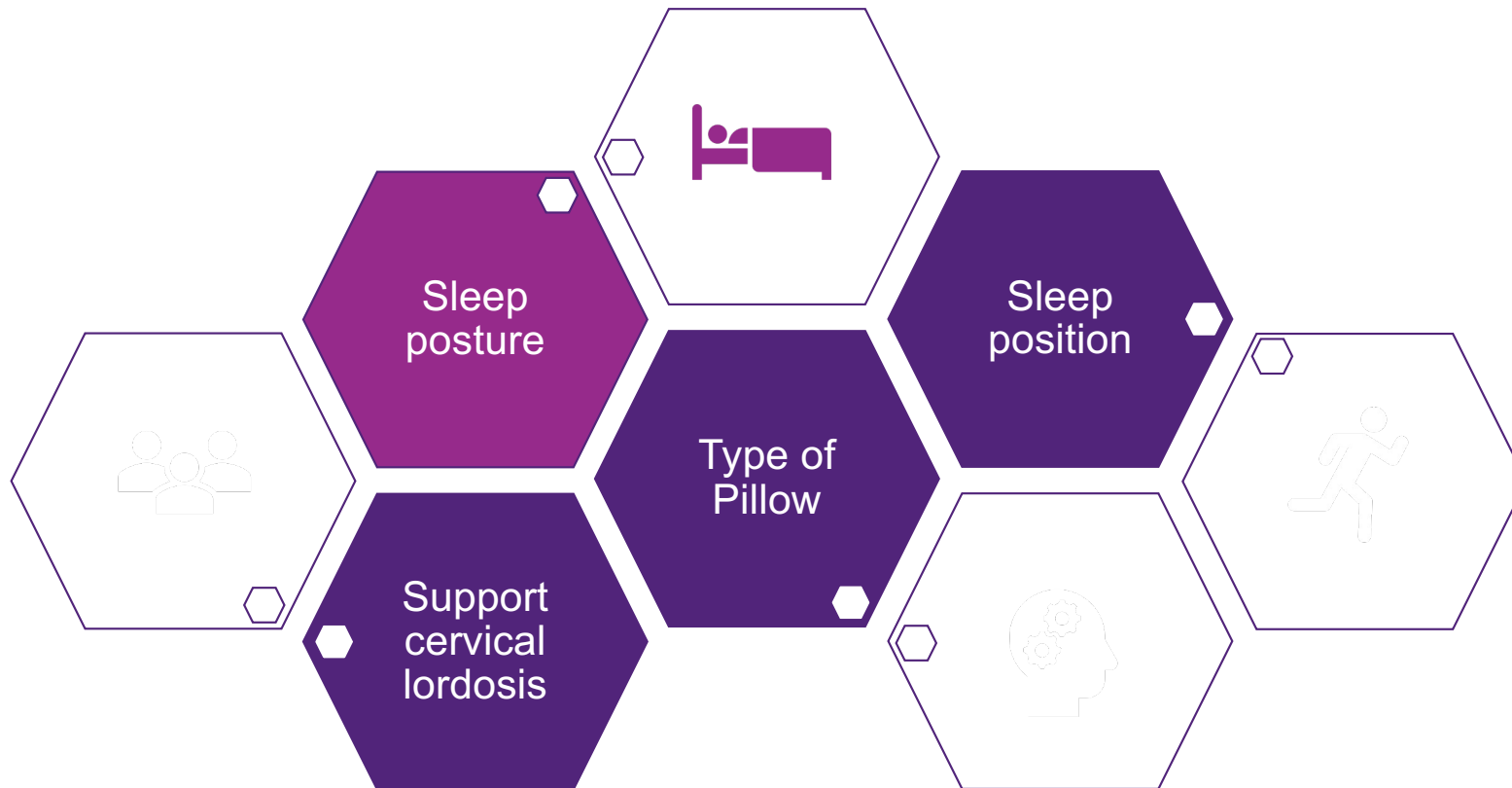


Buysse et al 1989; Mollayeva et al 2016;

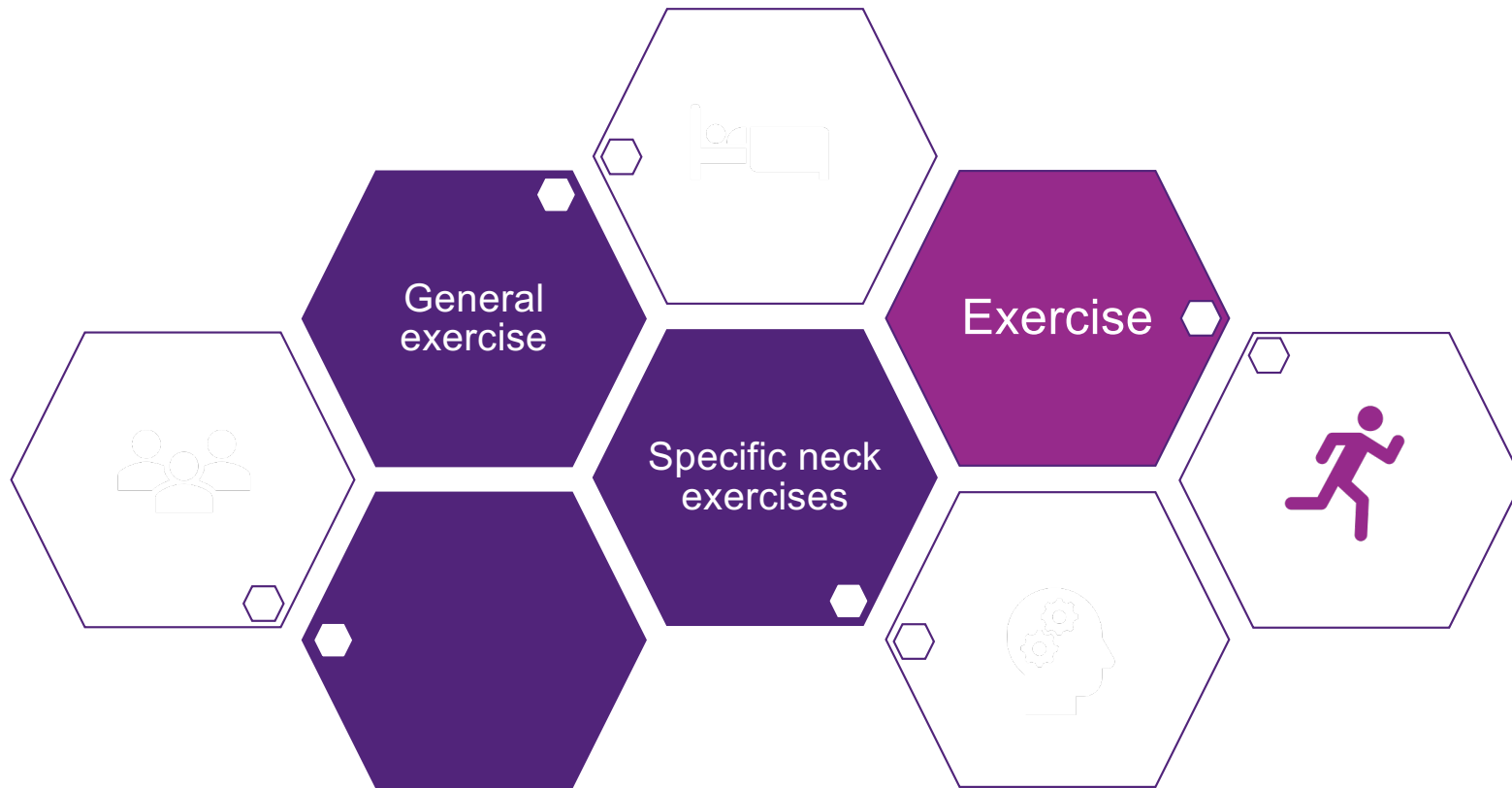




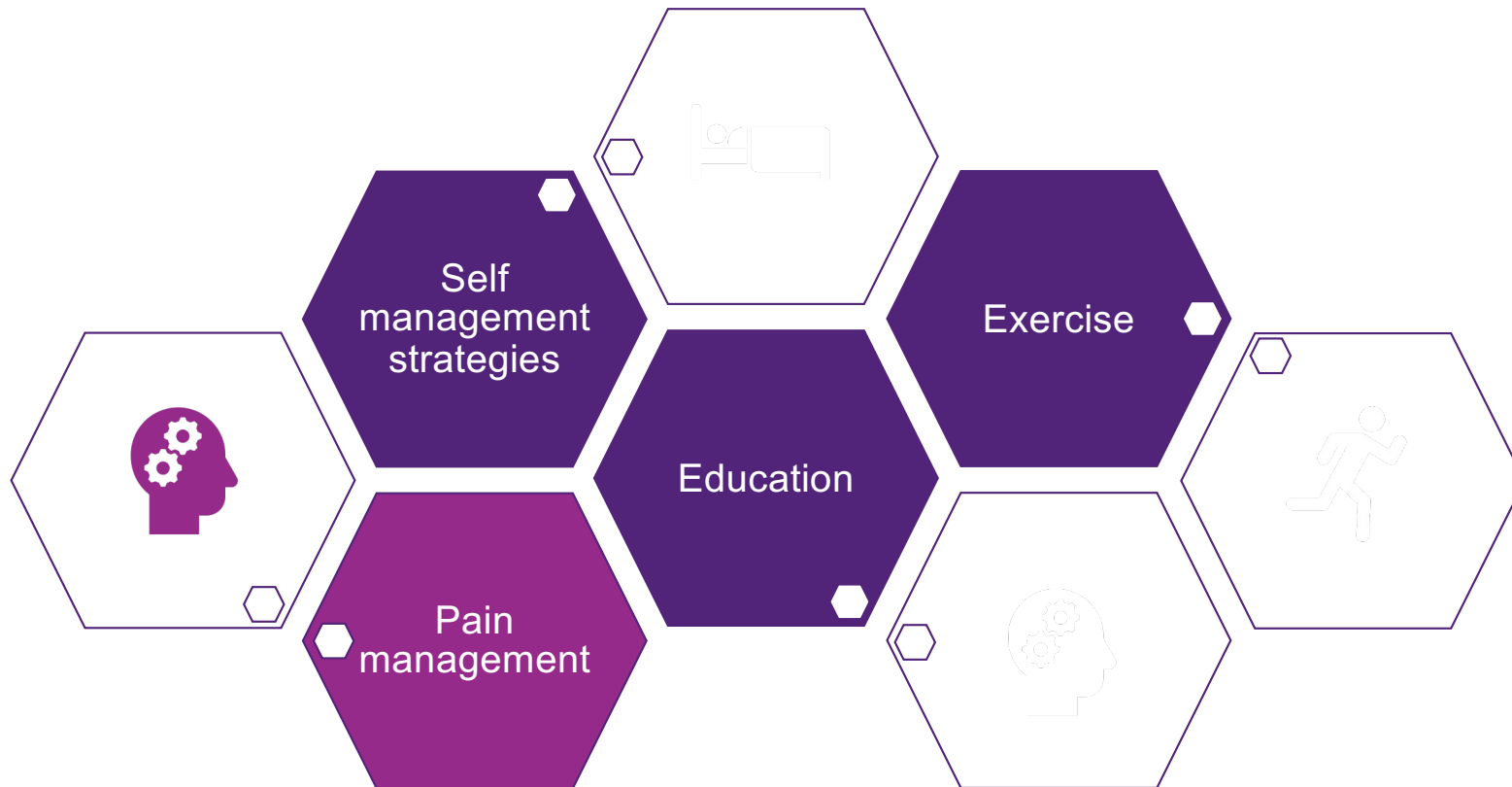
Cary et al 2021; Colman et al 2023; Gordon et al 2007; Navarro-Ledesma et al 2024; Pang et al 2021;



Cary et al 2021; Gordon et al 2007; Pang et al 2021

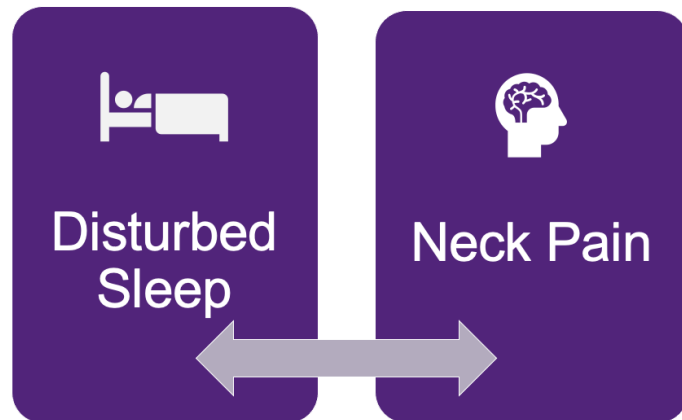


Chennaoui et al 2015; Colman et al 2023;

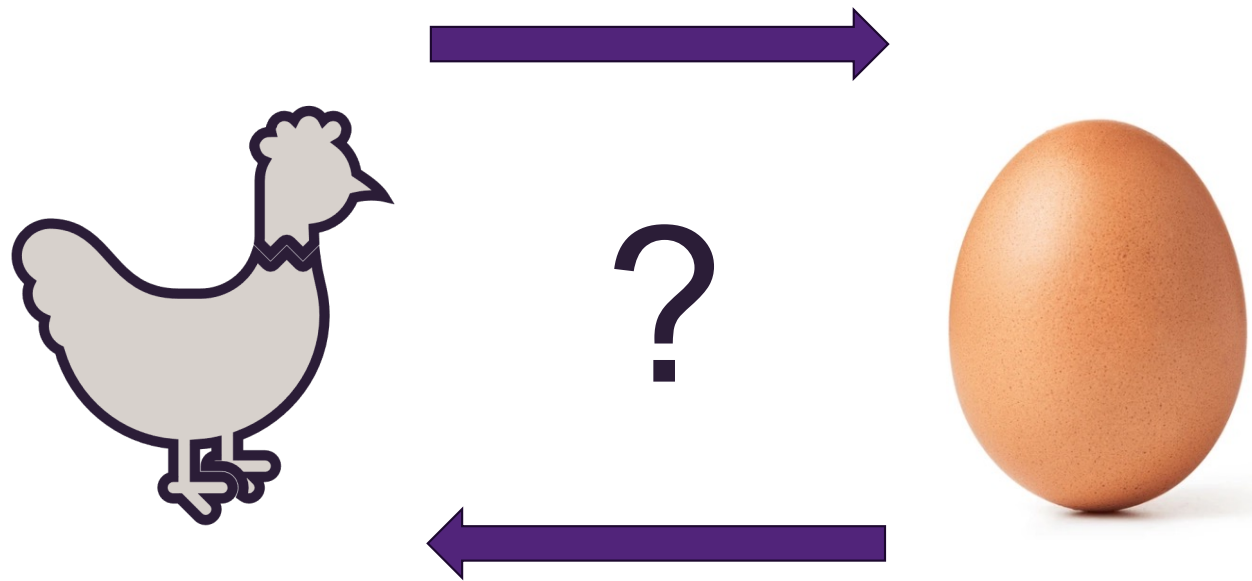


Cary et al 2021; Colman et al 2023; Gordon et al 2007; Navarro-Ledesma et al 2024; Pang et al 2021;

Take home messages



- In people without pain, disturbed sleep ↓ pain threshold & ↑ odds of developing pain
- Increased rate of transition from acute to chronic pain
- Disturbed sleep → Poor prognosis in those with neck pain
- Address sleep posture, exercise and self-management and Education around sleep quality and pain management



Thank you
Questions?



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