

# Our Mob

Look after your mind, body and spirit to manage pain

**YOU CAN CHANGE your pain**

## Sleep for our mob

### Bad sleep makes pain worse

Poor sleep and feeling tired makes pain worse and can affect your mood. At the same time, pain can make you sleep poorly and feel tired.

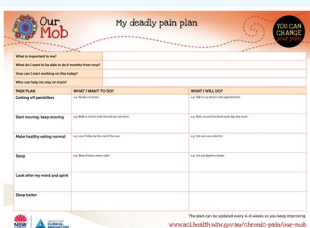
Get advice to help your sleep if it is troubling.

### Have a routine

- Try to get at least 6 hours sleep each night
- Put away phones, electronic games and turn off the TV before you go to bed
- Have a quiet bedroom
- Use music, relaxation, deep breathing or meditation
- Don't sleep during the day
- Reduce coffee, tea, alcohol and soft drink before bed
- Keep active during the day.

### What can you do?

- Talk to someone you trust\*
- Make a **DEADLY Pain Plan**



[www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0018/406521/OurMob\\_HealthPlan\\_Fillable\\_Form\\_ACI161214.pdf](http://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0018/406521/OurMob_HealthPlan_Fillable_Form_ACI161214.pdf)

\* Your doctor or Aboriginal Health Worker

You can't see it, but it's real.



[www.aci.health.nsw.gov.au/chronic-pain/our-mob](http://www.aci.health.nsw.gov.au/chronic-pain/our-mob)

