

Lack of balance during the day creates poor sleep



- So many people with pain have difficulty with sleep and this helps explain it.
- If you are on red alert all day long, rushing to get things done, worried about things in your life, rushing through meals, having stressful interactions with others, your system has to make a very big change to be able to be restful at night.

David S. Black, PhD, MPH¹; , et al, Mindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults With Sleep Disturbances, A Randomized Clinical Trial, *JAMA Intern Med.* 2015;175(4):494-501. doi:10.1001/jamainternmed.2014.8081