

## **Learning Objectives**

MedBridge

*The Relationship Between Sleep and Pain*

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### **Course Objectives:**

- Demonstrate a basic understanding of the pain experience and factors that influence the pain experience
- Describe why the pain experience is highly unique and individualized in each person, and is influenced by many other lifestyle components to include sleep
- Describe the specific mechanisms of pain that are affected by sleep, and the relationship between disordered sleep and components of the pain experience
- Demonstrate appropriate screening, intervention and management strategies for patients with pain that may also have disordered sleep