

Management of Sleep Disturbances

Sleep disturbance may be caused by pain, stress, underventilation or obstructive apnoea. Due to the complex nature of sleep disturbances, the cause needs to be identified before the development of management strategies. As a result, referral for sleep studies may be required. In addition to addressing respiratory dysfunction that may be responsible for these problems (as discussed above), modifying the patient's sleeping position and the number of pillows used, may provide some relief. Pain that the patient experiences at night may also need to be addressed.