

SLEEP MEDICATIONS FOR CONSTANT PAIN (CP)

Constant pain (CP) usually keeps one from getting enough sleep to attain some relief and recovery. Unfortunately, CP damages the central nervous system (CNS) tissues which produce the biochemicals that control the cardiovascular and sleep producing systems. Most persons with CP will need to take some medication to sleep. If their CP is mild, they may not need it.

SLEEP, RELIEF, AND RECOVERY

During sleep the CNS replenishes biochemicals that provide pain control, memory, energy, motivation, reading and writing ability, and logical thinking.

SLEEP PATTERN

Most persons with CP must sleep in spurts of 2 to 4 hours. This is OK as long as you get a 6 to 8-hour period of sleep time, within the 24-hour time period of 6:00 am to 6:00 am.

TRADITIONAL PRESCRIPTION MEDICATIONS:

Restoril®, Ambien®, Nortriptyline, gabapentin, Halcion®, amitriptyline, trazadone, Soma®

BOOSTERS

Take a dose of your regular pain medication 30 to 60 minutes before bedtime. You can boost your regular sleep medication with non-prescription melatonin, tryptophan, 5-HTP, Benadryl®, valerian root, or GABA.

BENZODIAZAPINE RESTRICTIONS

Federal and state agencies are now prosecuting doctors who prescribe benzodiazepines, Ambien®, or Soma® for sleep. You may not be able to get a prescription for these drugs anymore. Be advised: The age-old remedy valerian root works similarly to benzodiazepines, as it directly affects the GABA system. It was widely used as a sedative by physicians since ancient times, and valerian root was included in the Materia Medica used in hospitals as late as the 1940's. It has been referred to as the "Valium of the 19th century," or "nature's valium." You can obtain valerian root alone as a single formula, or in combination with other natural, non-prescription agents. Two products with recommendations: "Deep Rest®" and "Blissful Sleep®."



**Sleep is Critical to
Control CP**

*Published as a public service by the
Intractable Pain Syndrome Research & Education Project of the Tennant Foundation
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