



Chronic Pain and Sleep Quality

The relationship between sleep and pain is multidimensional and complex. Pain can often disrupt our ability to fall asleep and stay asleep thus impacting quality. Consistently poor sleep quality can further intensify pain, creating a vicious cycle that can be difficult to break. Over time, poor sleep can also impact mental health, cognitive function, and your immune system.

When optimal sleep is achieved, the reverse effects attained. Seven to nine hours of quality sleep per night is essential to enable the body to effectively recharge and repair. Sleep can also help eliminate pain, improve energy levels, cognitive function and mental health.

The SimpleTherapy platform is accessible 24/7 so you're covered if insomnia hits you in the middle of the night. You can choose from a variety of programs to help you enjoy a better night's rest



Pain Programs

- Eliminate existing pain
- More efficient recovery
- Increase daily physical activity



Breathwork Programs

- Relieve tense and sore muscles
- Unwind and relax
- Promote healthy blood flow

Ready to transform your nights into restful recovery? Let SimpleTherapy guide you to better sleep. Start your journey today!

How to get started

1. Download the SimpleTherapy app or visit simpletherapy.com/go/gw
2. Enter your employer's name
3. Enter your name and date of birth