



Sleep Support for Fatigue, Pain & Neurological Conditions

Sleep isn't just rest—it's where your body restores energy, regulates your nervous system, and supports movement the next day.

If your sleep feels broken, light, or unrefreshing... there's usually a pattern behind it.

1. Regulate Your Nervous System Before Bed (Most Important)

Many people don't struggle with sleep—they struggle with switching off.

What helps:

- 5-10 minutes of slow breathing (inhale 4 sec → exhale 6-8 sec)
- Lying on your back with one hand on chest, one on stomach
- Gentle "do nothing" time (no phone, no stimulation)

Why this matters:

Chronic fatigue and neurological conditions often keep the body in a wired but tired state. Sleep won't improve until the nervous system settles.



2. Keep Your Sleep Timing Stable (Even When Tired)

Irregular sleep = worse fatigue cycles.

- When you feel overwhelmed
- When your energy starts to drop
- During or after a busy task
- Before or after movement

3. Manage Body Temperature (Highly Underrated)

Many chronic conditions (not just MS) involve heat sensitivity or poor temperature regulation.

Try this:

- Keep room slightly cool (around 60–67°F / 15–19°C)
- Use breathable sheets (cotton, bamboo)
- Keep feet slightly warm (socks help regulate temperature)
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Avoid:

- Overheating under heavy blankets
- Hot showers right before bed (can spike body temp)



4. Reduce Night-Time Energy Crashes (Food Timing Matters)

Sleep disruption is often linked to **blood sugar dips overnight**.

Better approach:

- Light evening snack if needed:
 - Protein + carb combo (e.g., yogurt + fruit, almond butter + toast)
- **Avoid:**
 - Heavy meals late at night
 - Caffeine within 6 hours of bed

5. Move Your Body—But Time It Right

Movement helps sleep—but **timing matters more than intensity**.

Guideline:

- Best: earlier in the day
- Okay: light movement in evening (stretching, walking)
- Avoid: intense workouts within 2–3 hours of bed
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For fatigue conditions:

Overdoing exercise → worse sleep → worse fatigue next day



6. Reduce “Mental Load” Before Bed

Your body might be still... but your brain isn't.

Simple tools:

- Write down tomorrow's tasks (gets it out of your head)
- “Brain dump” journal (no structure needed)
- Gratitude list (shifts focus away from stress)

7. Address Physical Disruptions (Don't Ignore These)

Sleep is often disrupted by **body symptoms—not just habits.**

Common issues:

- Pain or stiffness
- Muscle spasms
- Restlessness
- Bathroom urgency

Support strategies:

- Gentle positioning (pillows for support)
- Light mobility earlier in evening (not aggressive stretching)
- Adjust fluid intake 1–2 hours before bed

If symptoms are severe → medical input is important.

8. Stop Forcing Sleep (This Backfires)

Trying harder to sleep = more alertness.

If you can't sleep after ~20 minutes:

- Get out of bed
- Sit somewhere dim
- Do something boring/low stimulation
- Return when sleepy

9. Track Patterns (Not Just “Good vs Bad Sleep”)

Instead of “I slept badly,” look for patterns:

Track:

- When fatigue hits during the day
- What you did before bed
- Food timing
- Stress levels

Even 3–5 days of tracking gives useful insight.

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