Introduction

- Pain catastrophizing alters how individuals perceive pain which might lead to disturbances in functionality, especially in sleep.
- Chronic lack of sleep can increase risk for health complications.
- Only a limited number of studies have examined the association of these variables to date.
- Little is known of the relationship between pain catastrophizing and sleep.

Electronic Searches

A comprehensive systematic search of literature was conducted using electronic databases (e.g., CINAHL, Medline, Psychinfo, and Google Scholar). Articles containing the key words “sleep” and “catastrophize,” “catastrophizing,” or “catastrophization” in the title were included if they were full text and published in English within the last 20 years.

Exclusion Criteria

- Non-English article
- Duplicate
- Abstract
- Published before 1998
- Non-pain catastrophizing variables

Data Extraction and Management

Two reviewers extracted data independently. Data concerning patient demographics, type of study, severity of pain, and overall sleep outcomes were extracted from the articles.

Results

- A total of 59 articles were retrieved and 5 met the inclusion criteria.
- Findings indicated a distinct association between pain catastrophizing and sleep, where pain catastrophizing is considered a modifiable or mediating variable.
- Significant implications that sleep interventions led to reduction in pain catastrophizing were reported, although pain catastrophizing was not specifically targeted in the intervention.

Conclusion

- An associative relationship between pain catastrophizing and sleep is supported by current studies.
- Due to small sample sizes, lack of objective data, and study design, additional research is needed in order to obtain a better understanding of the direct relationship between these variables.

Acknowledgements

- SUNY University at Buffalo School of Nursing, Center for Nursing Research
- University at Buffalo, State University of New York