



SLEEP AND PAIN: STOPPING THE CYCLE

Overview

This 30-minute seminar will be hosted by a Hinge Health physical therapist. This is for individuals who want to learn about the importance of sleep, and how sleep, back and joint pain are connected. We will also share tips on how to use the power of movement to break the cycle and the ways Hinge Health can support.

You're invited to learn about the connection between sleep and chronic pain with Hinge Health.

Just about everybody knows what it feels like to be tired when you haven't had a good night's sleep. But have you noticed your pain levels when you're sleep deprived? When you sleep poorly, your pain may be worse the next day. Good sleep puts your body in "rest mode" so that you have the energy to think, move, and act the next day. When you aren't able to rest, your brain and body let you know by making you more irritable and sensitive to discomfort. Sleep is also a time for the body to heal, so when you miss out on sleep you miss an opportunity to reduce your pain intensity.

Join Hinge Health for a conversation with a physical therapist that will explain the connection between sleep quality and chronic pain, how much sleep you really need, and ways to improve your sleep quality.

Please Note: All attendees are welcome to join the Seminar, please note that you must be enrolled in an EPC Schools health plan to enroll and participate in the Hinge Health program.



August 5, 2026, 11:30 a.m.

**35th Annual EPC Educational Vendor Fair
Wright State University's Nutter Center
3rd Floor, Berry Room 1**

RSVP at: epcschools.org/vendorfair.html

