

# **PUBLIC HEALTH GRAND ROUNDS**

*Linking Research to Community Health Improvement*

Jointly sponsored by the Department of Public Health Sciences & Center for Community Health

## **Chronic Pain and Poor Sleep: Disentangling these Bedfellows to Improve Public Health**



**Kathi L. Heffner, PhD,**

Associate Professor of Nursing and Psychiatry

**Friday, April 21, 2017  
Helen Wood Hall Auditorium  
12:00 pm – 1:00 pm**

Chronic pain and poor sleep, two notable public health challenges, are highly comorbid. Aging-related changes render older adults particularly vulnerable to these comorbid conditions. Although pain can disrupt sleep, more recent evidence underscores inflammation pathways linking inadequate sleep to amplified pain. This presentation will focus on related evidence from cross-sectional and behavioral sleep intervention studies of older adults. Implications for understanding pain, and advancing public health approaches to chronic pain management, will be discussed.

*Assorted wraps will be available while supplies last. Bring your own beverage.*

ASL interpreters or other accommodations are available upon request.

Contact Jennifer VanRy @ [Jennifer\\_vanry@urmc.rochester.edu](mailto:Jennifer_vanry@urmc.rochester.edu) or 224-2061 with requests and/or questions

This seminar series is funded in part by Cooperative Agreement #5U36CD319276CFDA93.283 which is shared by the American Association for Medical Colleges and the Centers for Disease Control and Prevention

Live webcasting, archiving, ASL interpretation and closed captioning supported by HRSA grant 15-143, supporting the UR General Preventive Medicine and Public Health Residency. Please find live and archived sessions at <https://www.urmc.rochester.edu/community-health/education/grand-rounds.aspx>