

SLEEP & PAIN LAB

Newsletter

Welcome!

In this issue:

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We will be running this newsletter quarterly to keep you up to date on all the activity and research happening in our lab.



Check out our new WITHIN blog:

We will be updating our blog approximately once a month to feature a variety of topics and interesting research. You can find the blog here: <https://warwick.ac.uk/fac/sci/psych/research/lifespan/sleeplab/projects/within/blog/>

2019 at a glance:

We included over 80 participants with chronic pain and/or sleep issues.

A big thank you to all who kindly participated. We could not have done it without you!

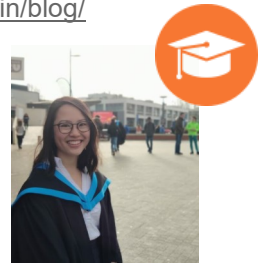
We were awarded an MRC grant and a Warwick Institute of Advanced Study award

This will allow us to set-up new studies into sleep, pain, student mental health.



New papers published

Click [here](#) to read our latest systematic review on the effect of opioids on sleep quality in patients with chronic non-malignant pain.



Congratulations!

Katrina graduated from her MSc in Psychology in January! She goes onto the next chapter of her career by completing a PhD at Oxford, we wish her all the best!



Meet our new recruits!

Dr Kristy Themelis (left) and **Jenna Gillett** (middle) joined us back in November as Research Fellow and Research Assistant on our new WITHIN project looking into the impact of mental defeat on chronic pain. **Laura Chandler** (right) is our latest PhD student to join the lab, studying sleep and mental health in workplace and university settings.



Call for participants!

The WITHIN team is looking for **people with chronic pain** to enroll in a new MRC-funded 2-part study investigating the role of mental defeat in chronic pain; specifically how mental defeat-related thoughts can impact pain sensation as well as influencing lived experience in every day life. You can sign up to (1) a lab-study (2) a longitudinal sleep tracking survey + questionnaire or (3) just the questionnaire.

For more information, please visit our website:

<https://warwick.ac.uk/fac/sci/psych/research/lifespan/sleeplab/projects/within/>

Or contact:

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