

1

Lab-based Study:

Participants come to the Warwick Sleep and Pain Lab to complete a 2-hour lab based study measuring pain threshold.

You will undergo a short interview (this is not recorded) talking about 3 experiences: a time you felt defeated, a time you felt victorious despite the pain and a neutral autobiographical memory. These will be written up into short paragraphs for later.

Then you will complete two pain threshold tests (one measuring pressure pain on your arm/shoulder and one using cold water on your hand) which will be repeated 2-3 times: once before and after reading a randomly-selected paragraph from earlier.

2

Longitudinal Sleep Tracking Survey

Sleep Tracking:
(baseline, 6 months, 12 months)

You will wear an ActiWatch (activity and sleep tracker) on your wrist for 1-week duration. During this time you will be asked to complete a short sleep survey when you wake up and a 2-minute questionnaire at 3 random time points each day.

3

Questionnaire:
(baseline, 6 months, 12 months)

Participants complete an online questionnaire at 3 time points.