

**SLEEP &
PAIN SIG**
USASP
US Association for
the Study of Pain

News & Updates

September 2023



News

At our July SIG meeting we formally welcomed new Co-Chair Chasity Brimeyer, PhD, discussed newsletter and SIG meeting frequency, and talked about plans for the upcoming year. We decided a brief survey would be helpful to gather opinions from the wider membership. Please take a moment to complete the survey if you can - see top blue box on the right for the link!

Looking ahead...

With the 2024 USASP meeting in April in Seattle on the horizon, we will be looking for a new SIG Co-Chair with Daniel Whibley's tenure coming to a close. Nominations will formally open early next year, but get in touch if you're thinking of (self-) nominating and have questions...

Complete our member survey!

We want to find out what you want from the Sleep & Pain SIG. Please take a moment to complete [this survey](#) before September 29 so that we can design a program of events to suit your needs.

Next SIG Meeting

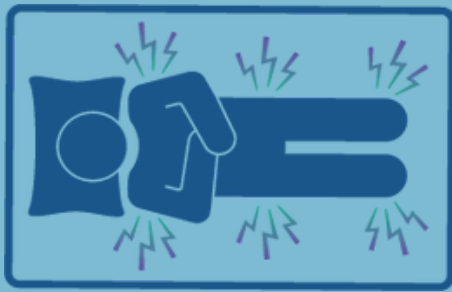
Mark your calendars for Wednesday, October 4 from 2.30 - 3.30 pm Eastern.

SIG Co-Chair Daniel Whibley will lead a discussion about adapting CBT-I for people living with pain using these two resources as a jumping off point: bit.ly/3Zk02WU bit.ly/44MB7Mv
Zoom link here:

<https://umich.zoom.us/j/97276336598>

Get Involved

If you'd like to be featured in our [Spotlight Series](#) (see page 2), please complete this form: <https://forms.gle/6V7VMaVBVRdyw57V6>



**SLEEP &
PAIN SIG**
USASP
US Association for
the Study of Pain

Member Spotlight

September 2023



What is exciting about your work right now?

We have an ongoing trial testing the effects of different combinations of cannabinoids (THC, CBD, THC+CBD, or placebo) on sleep in persons with chronic pain and multiple sclerosis; we are interested to see whether cannabinoid-related improvement in sleep is a mechanism of analgesic effects of CBD/THC.

Why did you choose a career in sleep/pain?

As a behavioral scientist, I am always searching for underlying pain mechanisms that could be ideal therapeutic targets. Sleep is an obvious and exciting target.

What keeps you motivated?

The people who are the focus of our research and my mentees keep me motivated. As someone who lives with chronic pain, I am heartened to see so many motivated and brilliant people working to address the problem of pain and am glad for the opportunity to contribute to this effort!

Anna Kratz, PhD

I am a clinical psychologist and a Professor in the Department of Physical Medicine and Rehabilitation at the University of Michigan, where I've been on the faculty since 2011. I've built a multidisciplinary program of research exploring the characteristics, mechanisms, and functional impacts of pain and work to develop and test treatments for pain.

Contact: alkratz@med.umich.edu

Representative Projects, Publications, or Works:

- NIH-National Center for Complementary and Integrative Health R01 AT011341 Mechanisms of cannabidiol in persons with MS: the role of sleep and pain phenotype Principal Investigators: Anna Kratz, PhD & Tiffany Braley, MD
- Whibley D, Stelfox K, Alasdair HL, Tang NKY, Kratz AL. (2022) Development of a hybrid sleep and physical activity improvement intervention for adults with osteoarthritis-related pain and sleep disturbance: A focus group study with potential users. *British Journal of Pain*. 16 (2): 136-148.