

FEDERAL UNIVERSITY OF SÃO CARLOS FOUNDATION

GRADUATE PROGRAM IN PHYSIOTHERAPY – PPGFt/CCBS/R

COURSE CHARACTERIZATION FORM

**Graduate Program:** Physiotherapy

**Course Code:** FIT-604

**Credits:** 1

**Course Title:** Integrating Sleep Management in Chronic Pain Rehabilitation

**Start of Validity:** 2025 – 1st Semester

**Justification**

This course is offered in connection with a technical visit by Prof. Dr. Thomas Bilterys (University of Warwick, United Kingdom) to the Department of Physiotherapy. The course addresses sleep and chronic pain, which constituted the main focus of his doctoral research.

**Course Workload**

Theoretical Classes: 9 hours

Practical Classes: 0 hours

Exercises/Seminars: 6 hours

**Course Syllabus**

- Factors contributing to the chronification of pain
- Bidirectional relationship between sleep and chronic pain
- Assessment of sleep problems in individuals with chronic pain
- Evidence-based treatment plans for sleep management in patients with chronic pain

**Nature of the Course**

Elective course for both Master's and Doctoral programs.

**Main Bibliography**

Malfliet A et al. Cognitive Behavioral Therapy for Insomnia in Pain Management for Nonspecific Chronic Spinal Pain. JAMA Network Open, 2024.

Nijs J et al. Personalized multimodal lifestyle intervention as the best-evidenced treatment for chronic pain. Journal of Clinical Medicine, 2024.

Van Looveren E et al. Combining cognitive behavioral therapy for insomnia and chronic spinal pain within physical therapy. Physical Therapy, 2022.

Runge N et al. The bidirectional relationship between sleep problems and chronic musculoskeletal pain. Pain, 2024.

Nijs J et al. Sleep disturbances in chronic pain: neurobiology, assessment, and treatment in physical therapist practice. Physical Therapy, 2018.

### **Main Responsible Faculty**

Paula Rezende Camargo – Permanent Faculty

Thomas Bilterys – Visiting Faculty

### **Approval**

Approved at the 10th Extraordinary Meeting of the PPGFt Graduate Program Committee on July 4, 2025.

São Carlos, July 7, 2025.

Prof. Dr. Anielle Cristhine de Medeiros Takahashi

Chair of the PPGFt Graduate Program Committee and Coordinator of the PPGFt – UFSCar