CONNECTICUT DISC AND LASER THERAPY CENTERS

Side-Sleeping Hip Pain Log

Use this page to describe what you notice over several nights.

Date and which side you slept on

Where did you feel the discomfort?

Did it start at bedtime, overnight or after waking?

What happened when you changed position as usual?

What did you notice during the first activities of the morning?

What question would you like to bring to the evaluation?