

SLEEP PROBLEMS

Individuals with cancer often have trouble sleeping. This can be caused by pain, anxiety, depression, side effects of treatment, night sweats or overnight hospital stays. Your body will also need more sleep as you go through treatment to rebuild your healthy cells.

Not getting enough sleep can cause:

- Increased pain
- Memory changes
- Increased fatigue
- Decreased healing
- Increased sickness/infection

There are some ways that you can help manage problems sleeping. These include:

- Getting enough exercise during the day. Light exercise is fine; walking or biking for 30-60 minutes per day at least 2-3 hours before bedtime.
- Avoid drinks with caffeine or alcohol in the evening.
- Drink warm decaffeinated or herbal tea or milk before bedtime.
- Have someone give you a massage or try relaxation techniques prior to going to bed.
- Take any sleep aid medications at the same time every evening.
- Try to go to bed when you are tired and around the same time each night.
- Adjust the temperature in the bedroom for maximum comfort.

If you are having trouble sleeping and have tried the above techniques, please discuss this with your healthcare team so we can help.