



## Sleep Disorder & Cancer Survivorship

### Screening Questions:

1. Are you having problems falling asleep or staying asleep?
2. Are you experiencing excessive sleepiness (i.e., sleepiness or falling asleep in inappropriate situations or sleeping more in a 24-hour period than in the past)?

### Your provider may ask you more questions to assess your sleep patterns, such as:

1. How long does it take to fall asleep?
2. How many times do you wake up each night?
3. How long have you had difficulty falling or staying asleep?
4. Do you fall asleep while reading, watching television, talking to friends or driving?
5. Do you snore, gasp for breath or stop breathing during sleep?
6. Do you have the urge to move your legs? Is this accompanied by an uncomfortable sensation brought upon by rest?
7. Do you sleep walk, wake up screaming or have violent movements during sleep?

### As part of your treatment plan, it may be suggested that you try cognitive behavioral therapy for sleep

#### Examples include:

- Stimulus control (the bed/bedroom should be associated as a place for sleep or sex only)
- Sleep restriction (improve sleep continuity by limiting time spent in bed and maintaining a regular sleep schedule)
- Cognitive therapy (use positive thoughts: you will get to sleep, it will be okay in the morning)
- Relaxation training
  - Reduce physiologic and cognitive arousal at bedtime
  - Progressive muscle relaxation, meditation, yoga, biofeedback
- Sleep hygiene
  - Regular exercise in the morning or afternoon
  - Increase exposure to bright light during the day and avoid bright light at night
  - Avoid heavy meals and drinking within 3 hours of bedtime
  - Avoid alcohol, caffeine, and nicotine too close to bedtime
  - Enhance your sleep environment (dark, quiet room, comfortable temperature)
  - Set aside worry time
  - Avoid looking at the clock



## Resources for Cognition, Fatigue and Sleep Disorders



### Brain Games

[www.lumosity.com](http://www.lumosity.com)



### Brain Teasers online

Joseph and Lena are found dead on the floor with some water around. The windows are open and a strong wind draft is blowing the curtains around. How did they die?

[www.buzzle.com](http://www.buzzle.com)



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[www.fitbrains.com/blog/](http://www.fitbrains.com/blog/)  
Brain teasers on Fridays!



### Progressive Muscle Relaxation

GREAT for going to sleep  
Just search "Progressive Muscle Relaxation" on [www.YouTube.com](http://www.YouTube.com) or in the App Store

## Sleep Diary for Improving Sleep

<http://sleepfoundation.org/>

The form is titled 'NATIONAL SLEEP FOUNDATION Sleep Diary'. It is divided into two main sections: 'Complete in Morning' and 'Complete at the End of Day'. The 'Morning' section includes fields for start and end times, caffeine/alcohol intake, and wake-up frequency. The 'End of Day' section includes fields for caffeine/alcohol intake, exercise, medication, and sleep quality. The form is designed to be filled out daily for a week.

Or create your own Sleep Diary with spaces for:

- ❖ The time you went to bed and woke up
- ❖ How long and well you slept
- ❖ When you were awake during the night
- ❖ How much caffeine or alcohol you consumed and when
- ❖ What and when you ate and drank
- ❖ What emotion or stress you had
- ❖ What drugs or medications you took



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