



# How Can I Manage Sleep-Wake Disturbances?

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Sleep-wake disturbances are perceived or actual changes to nighttime sleep patterns that contribute to daytime difficulty with thinking and reasoning. Some common sleep disturbances include insomnia, breathing difficulties, and movement disorders, such as restless leg syndrome and periodic limb movement disorder.

Here are tips and techniques that you can discuss with your healthcare provider to relieve sleep-wake disturbances.

## Patient Education Sheet

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## Likely to Be Helpful

- **Cognitive behavioral therapy:** This treatment's goal is to change your thought process and attitude about your ability to sleep. You should go to bed only when sleepy, leave the bedroom when you are not sleepy and return only when you are, and avoid daytime napping.

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## May or May Not Be Helpful

- **Drugs:** Some medications, such as benzodiazepines, may help you sleep. However, little research has examined the effects of medication on sleep-wake disturbances in patients with cancer. Your healthcare provider will determine whether medication is right for you.
- **Herbal supplements:** Little research has studied the effects of herbal supplements on sleep-wake disturbances in patients with cancer. However, a potential negative interaction between herbal supplements and chemotherapy drugs has been reported.

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## Not Enough Evidence

Although you may find that these techniques work for you, not enough studies have been done to show that they work to alleviate sleep-wake disturbances.

- Complementary and alternative therapies
- Education and information
- Exercise

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## Questions for Your Healthcare Provider

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*Always consult your healthcare provider before adding any new treatments or other interventions into your routine.*

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