



QUICK VIEW for
**SLEEP-WAKE
DISTURBANCES**



This quick view provides very brief information from the ONS PEP resources. Full ONS PEP information for this topic and description of the categories of evidence are located at <http://www.ons.org/Research/PEP/Topics> and Eaton, L.H., & Tipton, J.M. (Eds.), (2009), *Putting evidence into practice: Improving oncology patient outcomes*, Pittsburgh, PA: Oncology Nursing Society. **Users should refer to these resources for full dosages, references, and other essential information about the evidence.**

Definition and Incidence: *Sleep-wake disturbances* are perceived or actual alterations in night sleep with resultant daytime impairment. Sleep-wake disturbances are reported in 30%–75% of people with cancer and have a negative impact on other symptoms and quality of life.

Evidence-Based Interventions for Sleep-Wake Disturbances

LIKELY TO BE EFFECTIVE

- Cognitive Behavioral Therapy

BENEFITS BALANCED WITH HARMS

- Benzodiazepines
- Nonbenzodiazepine hypnotics
- Tricyclic antidepressants
- Second-generation antidepressants
- Antihistamines
- Chloral derivatives
- Neuroleptics

EFFECTIVENESS NOT ESTABLISHED

- Expressive therapy
- Expressive writing
- Healing touch
- Autogenic training
- Massage
- Muscle relaxation
- Mindfulness-based stress reduction (MBSR)
- Yoga
- Aromatherapy
- Music therapy
- Haptotherapy
- Guided imagery
- Education/information
- Exercise

Literature search completed as of **May 2008**.