



# What can I do about Trouble Sleeping?

People with cancer often find it hard to fall asleep and stay asleep. **Tell your doctor or nurse if you have trouble sleeping 3 or more nights a week or if trouble sleeping affects you during the day.**

## What works to improve sleep?

- Create routines
  - ◆ Go to bed only when sleepy and at about the same time each night.
  - ◆ Get up at the same time each day, even on weekends and non-work days.
  - ◆ Create a bedtime routine. Wind down 1 to 2 hours before bedtime. Do something to relax. Read, listen to music, do meditation or muscle relaxation. Take a warm bath or shower.
  - ◆ Set aside a daytime “worry time” to think about what worries you. This helps you be more relaxed at bedtime.
  - ◆ Expose yourself to bright natural light for 20 to 30 minutes each day. It is best to do this in the morning.
- Make your bedroom a **restful place**
  - ◆ Keep the bedroom dark, cool and quiet.
  - ◆ Don’t use cell phones, tablets, computers, or watch TV in the bedroom. The light from screens can interrupt your sleep.
- Don’t drink caffeine after noon. Don’t smoke, drink alcohol or eat heavy or spicy meals too close to bedtime. If you are hungry a protein snack is best.
- If you can’t fall asleep or fall back to sleep, leave the bedroom and relax in a dark, quiet and comfortable place. Go back to bed only when sleepy.

**If you keep having trouble sleeping even though you are doing these things tell your doctor or nurse.**

## Things that might also help

- Get physical activity during the day.

