

Don't Count Sheep. Learn How to Fall and Stay Asleep.

Celebrating a Second Chance at Life Survivorship Symposium

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Rina Fox PhD, MPH

Assistant Professor, University of
Arizona School of Nursing

Don't Count Sheep! Learn how to Fall and Stay Asleep



Rina Fox, PhD, MPH
University of Arizona

Let's talk about sleep

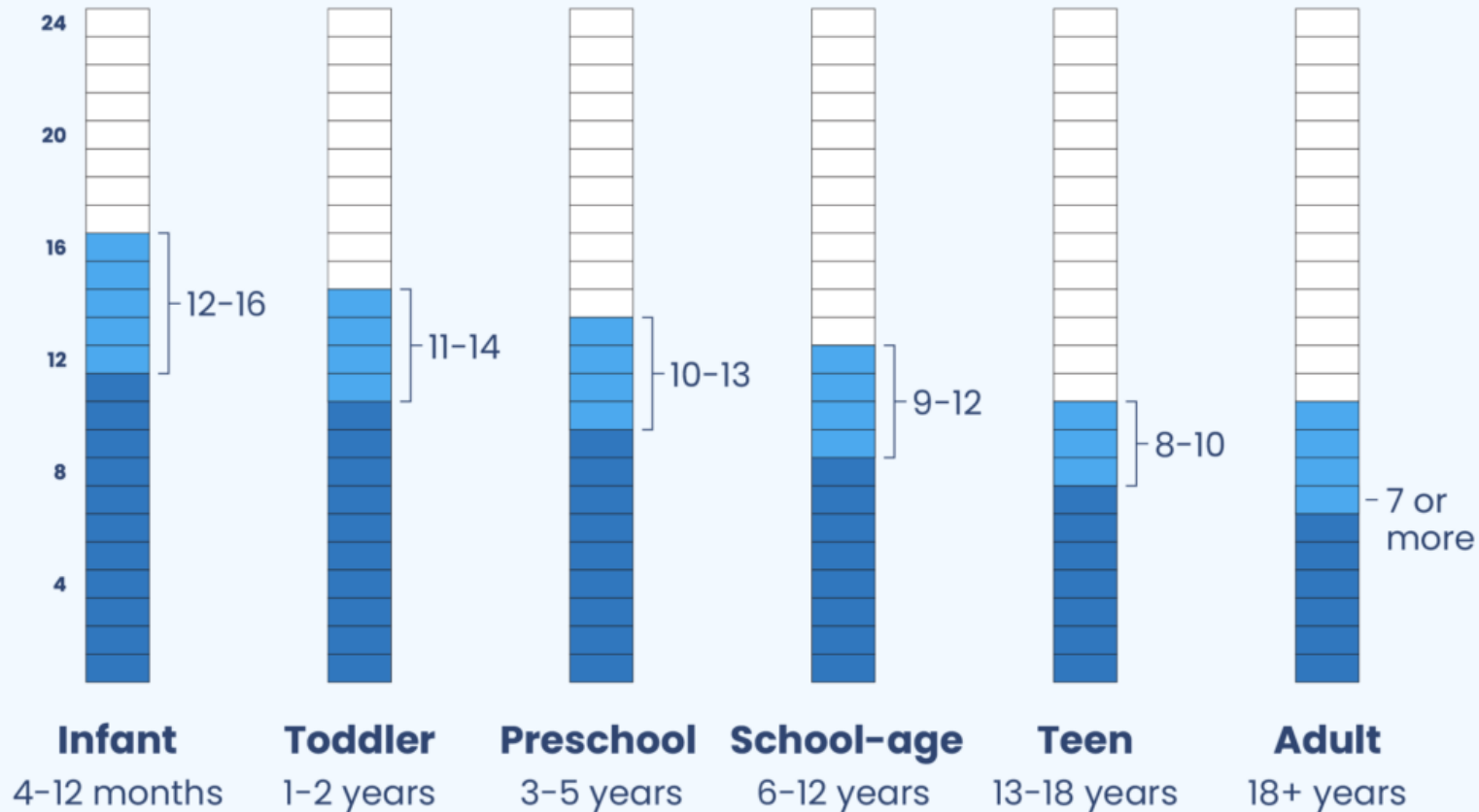


What is “sleep disturbance”?

5 Main Types of Sleep Disorders

- Insomnia
 - Sleep apnea
 - Hypersomnia
 - Circadian rhythm disorders
 - Parasomnia
- **INSOMNIA**
 - Difficulty falling asleep
 - Difficulty staying asleep
 - Waking up too early
 - Bothersome
 - Interferes with life

Recommended Hours of Sleep



Source: American Academy of Sleep Medicine

How much should I be sleeping anyway?

How common is sleep disturbance?

When does it happen?

How long does it last after transplant?

- Very common
- Across age, sex, disease type, treatments...
- Can last for years

Why?

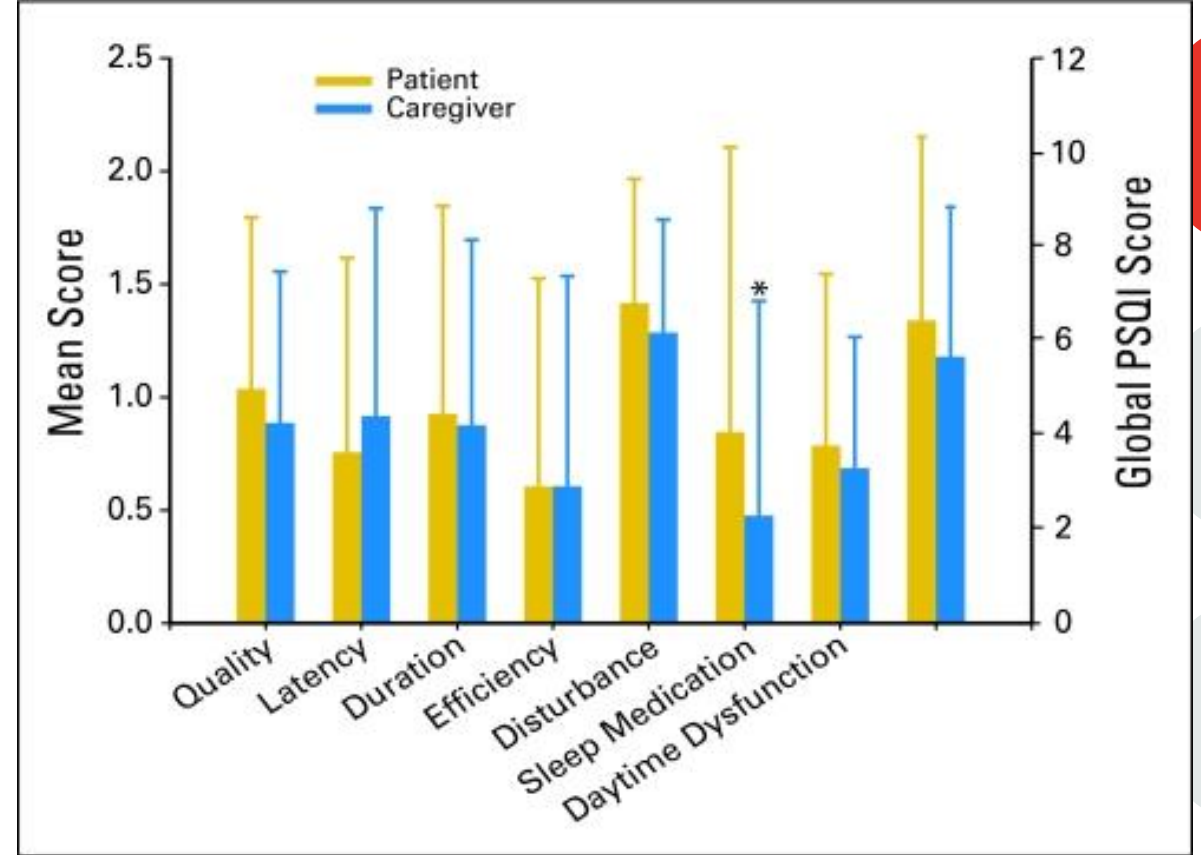
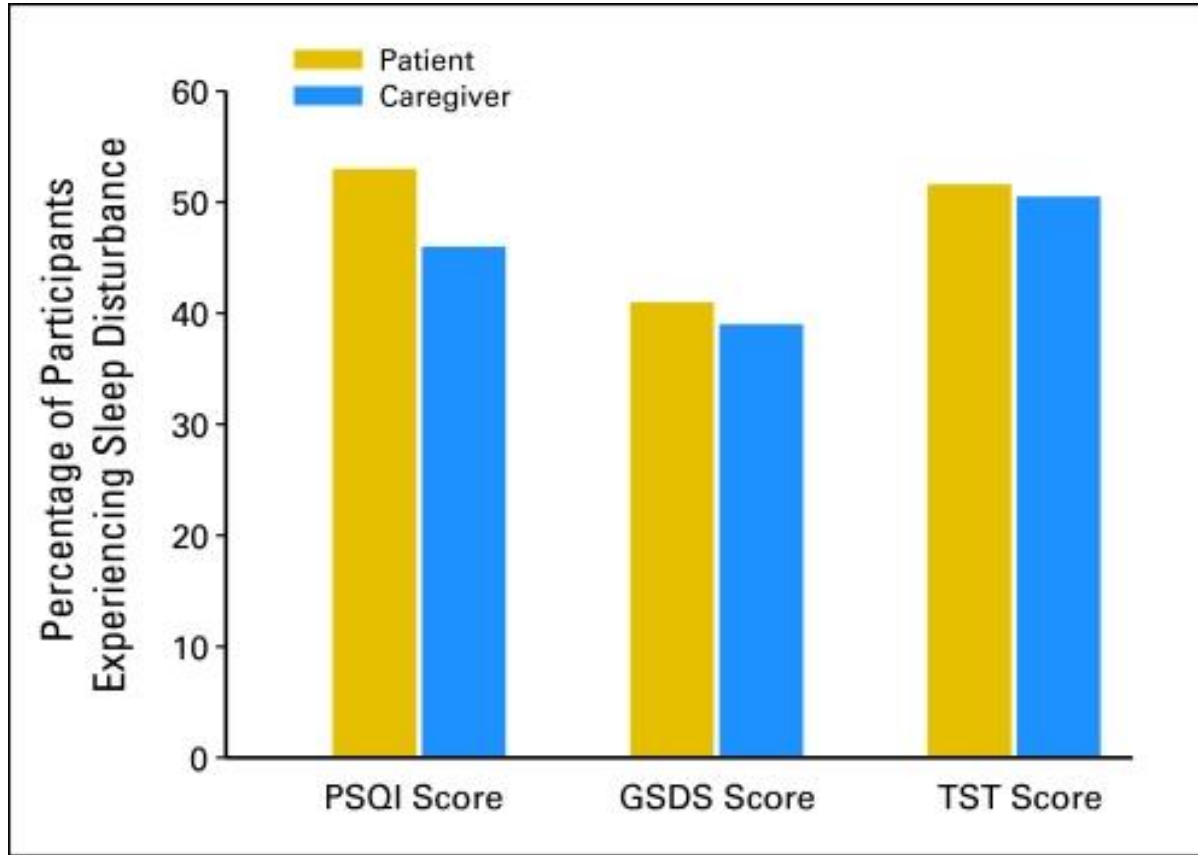
We don't know for sure

Some things that may contribute:

- Disease itself
- Psychological factors
- Pain
- Medications
- Treatments

What impact does it have?

- Reduced quality of life
- Fatigue
- Depression
- Anxiety
- Vasomotor/endocrine symptoms
- Cognitive impairment
- Mortality



It's not just the patients

Carney et al., 2011, J Clin Oncol.

So what can I do about it?

**What are some things you have done
to help you sleep?**

NCCN Guidelines for People Who Have Had Cancer



Available online at [NCCN.org/patients](https://www.nccn.org/patients)

[nccn.org/patients/guidelines/content/PDF/survivorship-crl-patient.pdf](https://www.nccn.org/patients/guidelines/content/PDF/survivorship-crl-patient.pdf)

NCCN Guidelines: Sleep Hygiene



Guide 16 - Treatments for Sleep Problems

Sleep Hygiene

Stick to a regular bedtime and wake time

Be physical active in the morning, afternoon or both

Seek out bright light during the day

Avoid bright light at night and turn off devices near bedtime

Don't eat heavy meals and limit fluids 3 hours before bedtime

Limit caffeine intake during the day and don't consume caffeine at least 4 hours before bedtime

Don't drink alcohol or consume nicotine before bedtime

Sleep in a dark, quiet and comfortable place

Schedule a time to think about worries before bedtime

Don't look at the clock during the night

If needed, take one nap per day for less than 30 minutes

NCCN Guidelines: Cognitive Behavioral Therapy



Available online at [NCCN.org/patients](https://www.nccn.org/patients)

Guide 16 - Treatments for Sleep Problems

Cognitive behavioral therapy	Limit activities in bed to sleep and sex (stimulus control)
	Limit time in bed to amount of time sleeping (sleep restriction)
	Change unhelpful beliefs about sleep (cognitive therapy)
	Calm your body and mind (relaxation)

Cancer

NCCN
GUIDELINES
FOR PATIENTS®

2020

Complete
the survey at
[nccn.org/patients/survey](https://www.nccn.org/patients/survey)

Survivorship Care for Cancer-Related Late and Long-Term Effects

Presented with support from:

NCCN NATIONAL COMPREHENSIVE CANCER NETWORK FOUNDATION
Guiding Treatment. Changing Lives.

gooddays



Available online at [NCCN.org/patients](https://www.nccn.org/patients)

Guide 16 - Treatments for Sleep Problems

Medication for
Insomnia

Zolpidem

Zaleplon

Eszopiclone

Ramelteon

Temazepam

Doxepin

Suvorexant



TIPS FOR BETTER SLEEP



AVOID CONSUMING ALCOHOL AND NICOTINE BEFORE BEDTIME



DO NOT WATCH TV OR WORK ON YOUR COMPUTER AND DO NOT USE GADGETS BEFORE BEDTIME



DRINKING A WARM CUP OF TEA WITH CHAMOMILE OR GLASS OF MILK



AVOID LIGHTS WHEN TRYING TO SLEEP



AVOID OVEREATING AT DINNER AND AVOID CONSUMING CAFFEINE IN THE LATE AFTERNOON



READ A BOOK OR LISTEN TO A RELAXING MUSIC



16 - 24°C COMFORTABLE TEMPERATURE IN THE BEDROOM



WAKE UP AND GO TO BED AT THE SAME TIME. SLEEP 7-8 HOURS



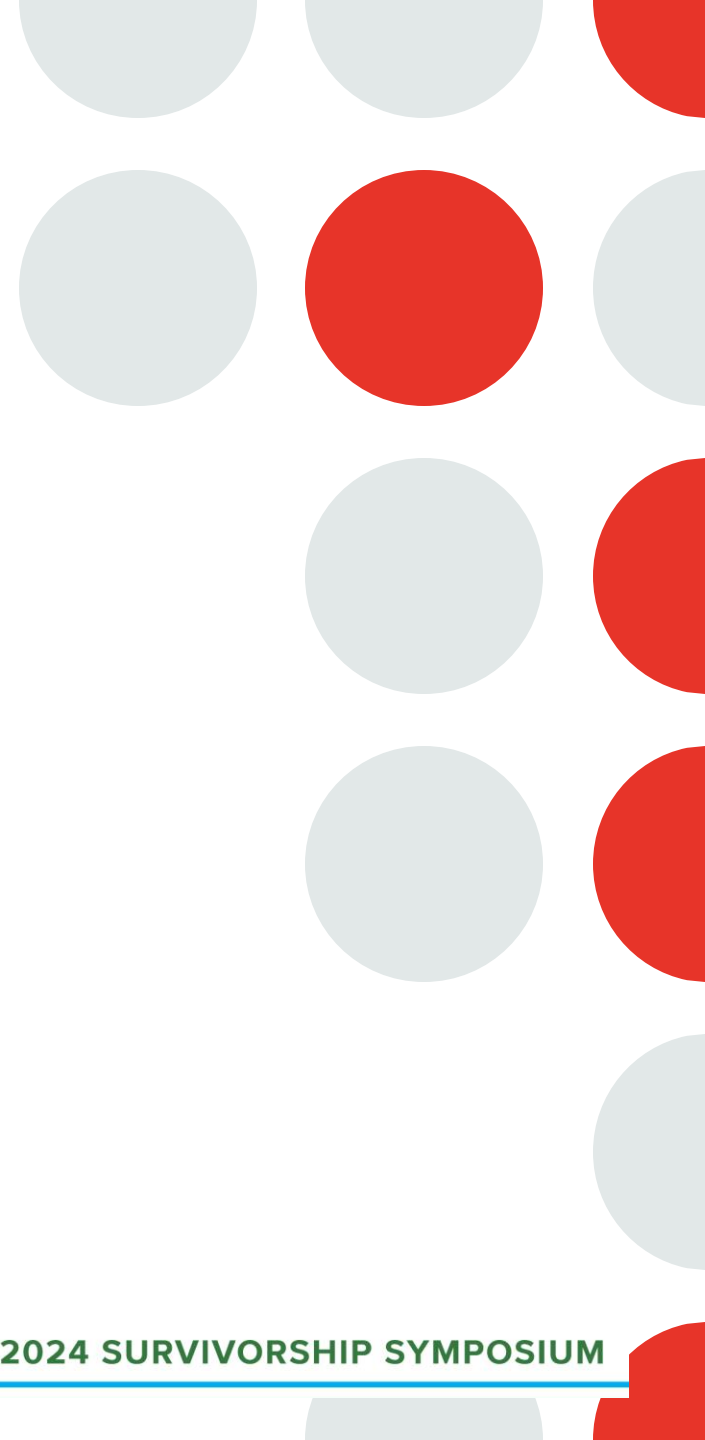
STOP EXERCISING FOUR HOURS BEFORE BEDTIME



TAKE A WARM BATH OR SHOWER BEFORE BEDTIME



Sleep Hygiene: “Dr. Google” edition



Some other ideas...



Seek out bright
light during the
day



Keep a
consistent
sleep schedule



Don't look at
the clock
during the night

Sleep Aids



Among the most frequently prescribed psychotropic prescriptions

CBT-1: The Gold Standard



Cognitive Behavioral Therapy for Insomnia (CBT-I)

Components:

- Changing your sleep schedule
- Changing what you do when you can't sleep at night
- Addressing your thoughts about sleep
- Sleep education
- Sleep hygiene
- Relaxation strategies
- Optional: medication taper

Finding a Sleep Medicine Provider

- Society of Behavioral Sleep Medicine
behavioralsleep.org/index.php/united-states-sbsm-members
- International Directory of CBT-I Providers
cbti.directory

What does CBT-I look like?

- Structure similar to other types of CBT
- Once a week interactive sessions with a therapist
 - Sometimes less frequent
- Online programs/apps also available
 - Sleepio - bighealth.com/sleepio
 - CBTi Coach - va.gov/app/cbt-i-coach
 - Insomnia Coach - va.gov/app/insomnia-coach
- Typically, 4-8 sessions/modules

Medications work faster, CBT works longer

Mindfulness-Based Treatments

- Meditation
 - Present-moment focus
 - Acceptance, patience, openness...
- Integration into daily life
- Can reduce sleep disturbance and fatigue in cancer patients more than usual care

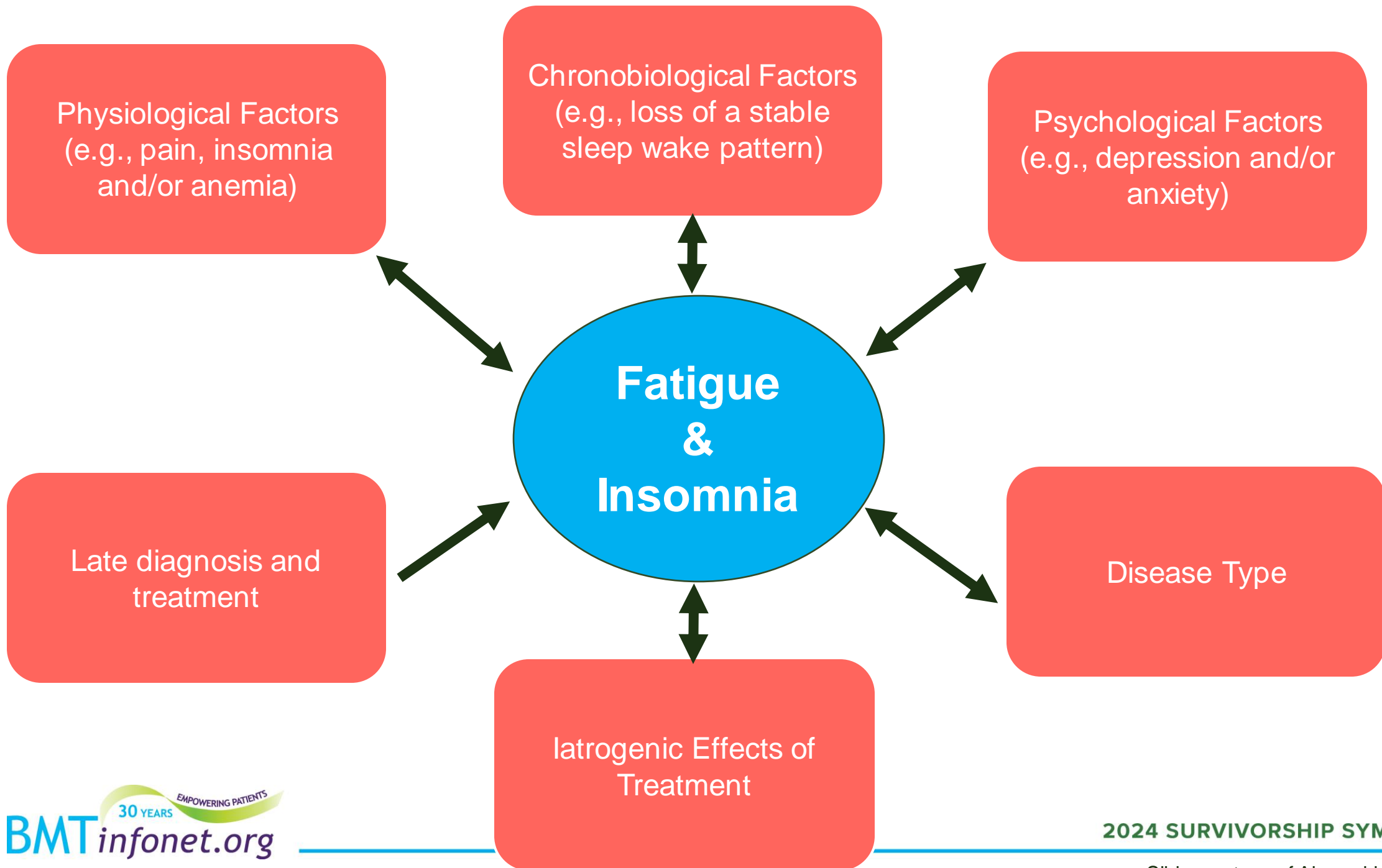


Bright light therapy

- Commonly used to treat seasonal affective disorder
- Systematic exposure to bright light may normalize circadian rhythms
- Some evidence it can help decrease sleep disruption



A few words about fatigue



Interrelationship Between Fatigue & Sleep Disturbance

- Fatigue is posited to be unaffected by rest or sleep. This is not evidence based
- In fact, relationships have been found between fatigue and insomnia, and CBT-I seems to improve outcomes in both sleep & fatigue
- It has been suggested that fatigue:
 - May be related to sleep fragmentation, shallow sleep, and/or short-sleep duration (vs. insomnia).
 - And that sleep disturbance may be reciprocally related.

What else can I do about fatigue?

General Strategies

- Energy conservation
- Maintain a diary
- Distraction
- Daytime naps < 30 minutes, in-bed, before 3pm
 - “Nappuccino” – Drink a small coffee prior to napping

Pharmacologic Interventions



- Some evidence psychostimulants and corticosteroids can help
- Consult with your physician!

Physical Activity

Examples of physical activity found to be effective:

Supervised training

- Multidisciplinary sessions incorporating self paced exercise.
- Yoga
- Cycling
- Aerobic exercise

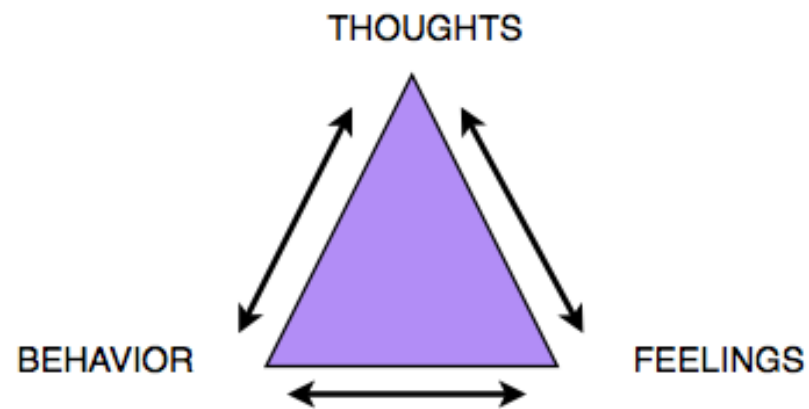
Unsupervised training

- Strength training
- Aerobic training
- Cardiovascular exercise
- Flexibility exercise
- Walking
- Tai Chi



Cognitive behavioral therapy (CBT)

- Learning about the links between thoughts, feelings, behavior
- Education about fatigue
- Activity management
- Coping techniques such as stress management / relaxation
- 1 hour/week interactive sessions with a therapist
- Tailored to the patient
- Average of 12 sessions attended



Some evidence bright light can also help with fatigue



Thanks to
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Lisa Wu, PhD



Alexandria Muench, PsyD



Thank you for listening!



Questions?



Rina Fox PhD, MPH
Assistant Professor, University of
Arizona School of Nursing

Let Us Know How We Can Help You



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3313

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