

# Pathfinder Series: Sleep Issues

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*Cancer caregiving A to Z: An at-home guide for patients and families* / American Cancer Society  
Call number: 5.10.11 2008

Family and friends are valuable participants in a cancer patient's care, and the support is very important to the physical and emotional well-being of the person with cancer. This book provides general information about the problems caregivers might encounter when caring for someone with cancer at home, including sleep problems.

*Goodnight mind: Turn off your noisy thoughts and get a good night's sleep* / Colleen E. Carney and Rachel Manber  
Call Number: 5.1.9 2013

This book directly addresses the effects of rumination-or having an overactive brain-on your ability to sleep well. Written by two psychologists who specialize in sleep disorders, the book contains helpful exercises and insights into how you can better manage your thoughts at bedtime, and finally get some sleep.

*No more sleepless nights* / Peter Hauri  
Call number: 5.1.5 1996

Insomnia is a major health problem. What makes this book so useful is the practical, step-by-step approach that the reader can take to help overcome the problem. The author is a leading authority on insomnia who provides specific recommendations for what to do and how to do it.

*Quiet your mind & get to sleep: Solutions to insomnia for those with depression, anxiety, or chronic pain* / Colleen E. Carney and Rachel Manber  
Call number: 5.1.7 2009

This workbook uses cognitive behaviour therapy to address the problem of insomnia, especially when it is experienced in the context of anxiety, depression, and chronic pain. The authors teach how to optimize your sleep pattern using methods to calm your mind and help you identify the behaviours that contribute to insomnia.

*The healing power of the breath: Simple techniques to reduce stress and anxiety, enhance concentration, and balance your emotions* / Richard P. Brown and Patricia L. Gerbarg  
Call number: 5.5.12 2012

This book includes breathing techniques to relieve anxiety and depression, trauma-related emotions and behaviours, insomnia, and more.

## Websites

### **Cancer.net – Hypersomnia or Nightmares**

<http://www.cancer.net>

If you search for the article “Sleeping problems: Hypersomnia or Somnolence Syndrome or Nightmares” in the search bar, an article will come up outlining these different sleep disorders and how to solve them. While Somnolence Syndrome occurs in children, hypersomnia (excessive daytime sleepiness or prolonged drowsiness) and nightmares may occur in all patients. The article outlines causes as well as ways to manage these problems. Also see “Sleeping Problems: Insomnia”.

### **Chemo Care – Sleep Problems**

<http://chemocare.com/chemotherapy/side-effects/sleep-problems.aspx>

Chemocare.com, a website designed to provide the latest information about chemotherapy to patients and their families, caregivers and friends, outlines not only the causes of sleep disorders, but also things you can do to manage insomnia. This includes when you should call your health care provider about insomnia as well as questions you can ask your health care provider to help solve your sleep disorder.

### **MacMillan Cancer Support- Difficulty Sleeping (Insomnia)**

<https://www.macmillan.org.uk/information-and-support/coping/side-effects-and-symptoms/other-side-effects/difficulty-sleeping.html>

This website offers support to those who are newly diagnosed, going through treatment or who have finished their treatment. It looks at a variety of cancer sites and provides in depth information on everything from treatment, staging, side effects and much more. This section on sleeping issues focuses on insomnia and how one can manage it.

### **National Cancer Institute – Sleep Disorders**

<http://www.cancer.gov/cancertopics/pdq/supportivecare/sleepdisorders/Patient>

This website provides general information about sleep disorders as well as information specifically on sleep disorders in cancer patients. This is important, as sleep disorders are more common in people with cancer. Wondering why you’re having trouble sleeping? Cancer.gov cites reasons such as tumours, certain drugs or treatments, stress, and more. It’s a great resource to begin understanding the cause of your sleep disorder.

### **UHN – Managing Sleep Problems after Cancer**

[https://www.uhn.ca/PatientsFamilies/Health\\_Information/Health\\_Topics/Documents/Managing\\_Sleep\\_Problems\\_after\\_Cancer.pdf](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Managing_Sleep_Problems_after_Cancer.pdf)

A detailed and informative resource, this booklet is meant to assist you in tracking your sleep disorder in order to make it easier to relay to your health care provider. It includes 15 tips to help you sleep better and tips to prepare for your appointment. It suggests you keep a diary of when you go to bed at night, how long it took to fall asleep, the time you woke up, the number of times you woke up during the night, and how long you were awake. These notes will help ensure that you receive the best possible advice from your health care team.