

Sleep Changes



Réseau de
cancérologie
Rossy

Rossy
Cancer
Network

Symptom Management Tip Sheet



Let's talk about sleep changes...

- Sleep changes refer to actual or perceived changes in nighttime sleep causing daytime tiredness.
- If you have sleep problems for more than 3 days, contact your healthcare team.

** If you are undergoing IMMUNOTHERAPY and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*



What you can do

- Try to wake up at the same time each day.
- Get plenty of daylight soon after waking.
- Restrict napping in the daytime. Avoid long naps and naps after 3pm. If needed, limit to one nap (20-30 minutes) and spend at least four hours awake before bedtime.
- Exercise regularly.
- Try to clear your head of worries early in the evening (e.g. problem-solve, write down a plan or ideas, etc).
- Try to drink caffeine only in the morning.
- Avoid caffeine and stimulating activity in the evening.
- Go to bed when you are sleepy and limit the bedroom for sleep and/or sex.
- Create a comfortable sleep area (for example, remove bedroom clock, avoid computer screens, use ear plugs or eye masks).
- Have a 60-minute relaxation time before bedtime when you do something like read, watch TV, crossword puzzle, listen to music, yoga, deep breathing, meditate, or try guided imagery.
- Limit smoking, alcohol, spicy or heavy meals, too much fluids, and intense activities close to bedtime.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

Other resources

Managing Sleep Problems
<https://bit.ly/bccancer-sleep>

More resources at
mcgill.ca/rcr-rcn/patient

Who can help



Nurse Navigator (IPO)

If you have one, please speak with your IPO

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

If you are getting treatment at:

- **Oncology Clinic, call:**
Symptom Management Hotline
514-340-8222 ext. 25529
Mon – Fri. 8h00-16h00
Nights/Weekends: 514-340-8232
- **Radiation Oncology Clinic, call:**
514-340-8222 ext. 24124