

Cancer and Sleep Problems

Now a Health Minute.

Cancer and its treatment may disrupt your normal sleep patterns. You may feel like sleeping more often, for longer. Or you may have trouble falling or staying asleep.

Sleep problems may occur from things like: Stress; Medicines you are taking; Or side effects from treatment, such as pain or fatigue.

Talk with your care team if you are having sleep problems. They can help.

You may also sleep better if you: Try relaxation therapies; Keep a consistent sleep schedule; Limit caffeine, alcohol, and nicotine; Stop screen time at least 1 hour before bedtime; And are physically active during the day.

Quality sleep can help you heal and feel better. Your care team can help you get the rest you need.