

Managing Cancer Related Fatigue

SLEEP



A good night's sleep is an important part of managing cancer related fatigue. Though taking a sleeping pill may seem like a quick fix, there is little research on the safety of using sleeping pills for people with cancer. Try improving your sleep habits first, before talking to your doctor about medication for sleep.

Remember the 3 Keys

- Go to bed and get up at the same time every day.
- Exercise regularly, even if it is just a short walk.
- Limit naps to less than 1 hour. Avoid long or late afternoon naps that could interfere with your sleep at night.
- In the afternoon and evening, avoid drinks with alcohol or caffeine.
- In the evening, limit activities and do not exercise.

Get Better Sleep



- Relax for an hour or two before bedtime. Turn off the TV, listen to quiet music, read or take a warm bath.
- Keep your room cool, quiet and dark.
- Use your bedroom for sleep or sexual activity, not as a place to watch TV, read or do work.
- Go to bed when you are sleepy.

Make a Bedtime Routine



Tackle Sleep Problems



- If you have not fallen asleep within 15 minutes, or you wake and can't get back to sleep, get up and go to another room.
- Go through your bedtime routine to help you relax.
- Go back to bed when you feel sleepy.
- If you still cannot fall asleep, get up again and repeat steps 2 and 3.