

Sleep: Why We Need It, How to Get It

Celebrating a Second Chance at Life Survivorship Symposium

May 3-9, 2025



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Let's talk about sleep.





What is “sleep disturbance”?

Sleep is a non-negotiable biological state required for the maintenance of human life ... our need for sleep parallels that for air, food, and water.



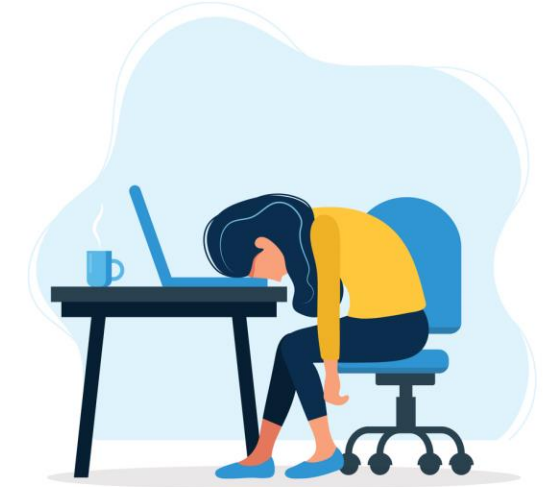
Is sleep important?

Sleep is a non-negotiable, universal biological need

And yet... we live in a society that often sees sleep as an unproductive use of time

This has led to societal pressures that devalue sleep

And, more recently, a reawakening to the importance of sleep health



5 Main Types of Sleep Disorders

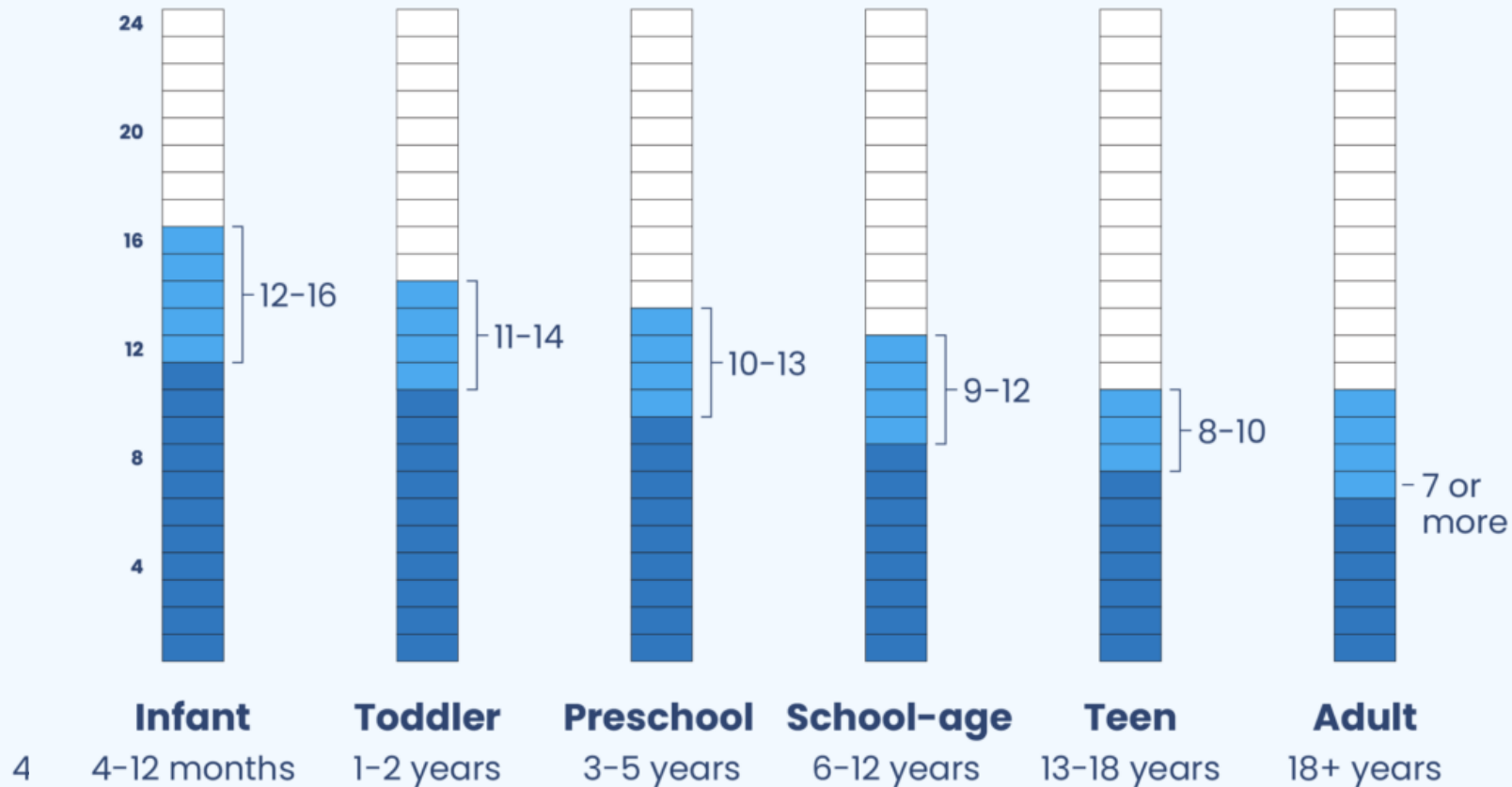
- Insomnia
- Sleep apnea
- Hypersomnia
- Circadian rhythm disorders
- Parasomnia

- **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?



Common Questions and Answers

Q. How common is sleep disturbance?

A. Very common

Q. Who experiences it?

A. Across ages, sexes, disease types, treatments...

Q. When does it happen?

A. All phases of the cancer trajectory

Q: How long does it last?

A. Can last for years



N=1903

31% breast

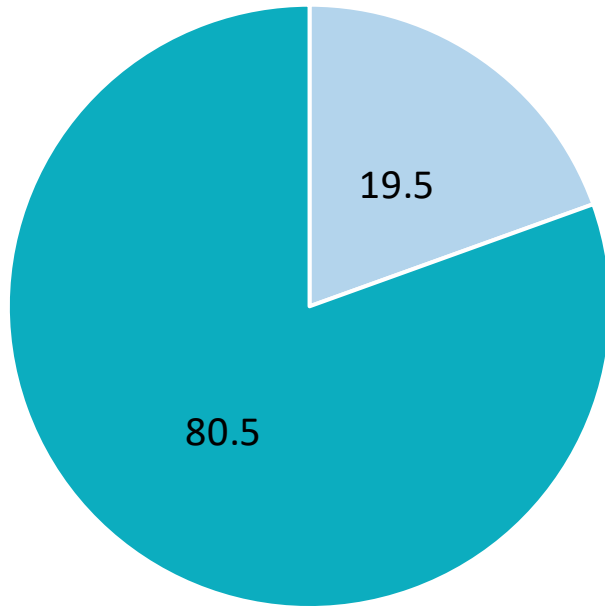
32% “Other Female”

20% prostate

17% “Other Male”

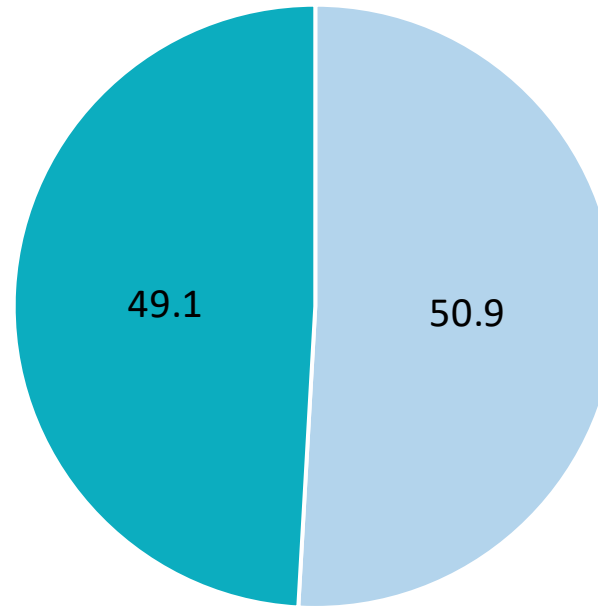
9 years post-diagnosis

Sleep Quality



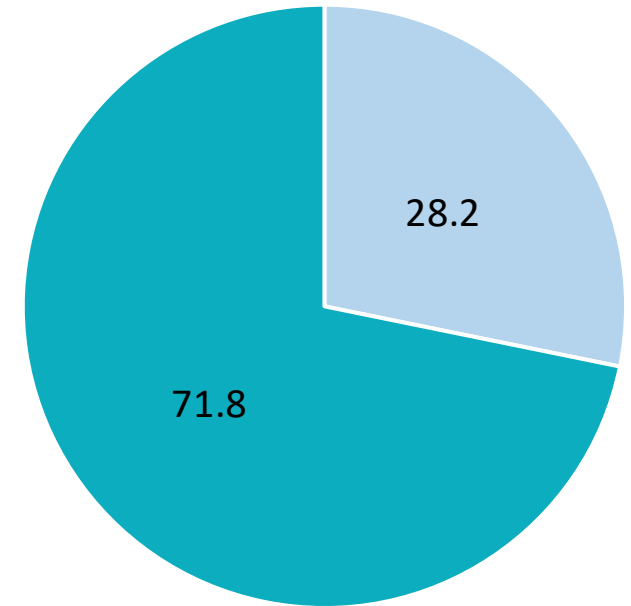
■ Poor sleep ■ Good sleep

Sleep Disturbance



■ High ■ Low

Sleep Med Usage



■ Yes ■ No

Strollo 2020 Sleep Med



BMT INFONET

2025 SURVIVORSHIP SYMPOSIUM

Why Is Poor Sleep Common in Cancer and Transplant?

We don't know for sure

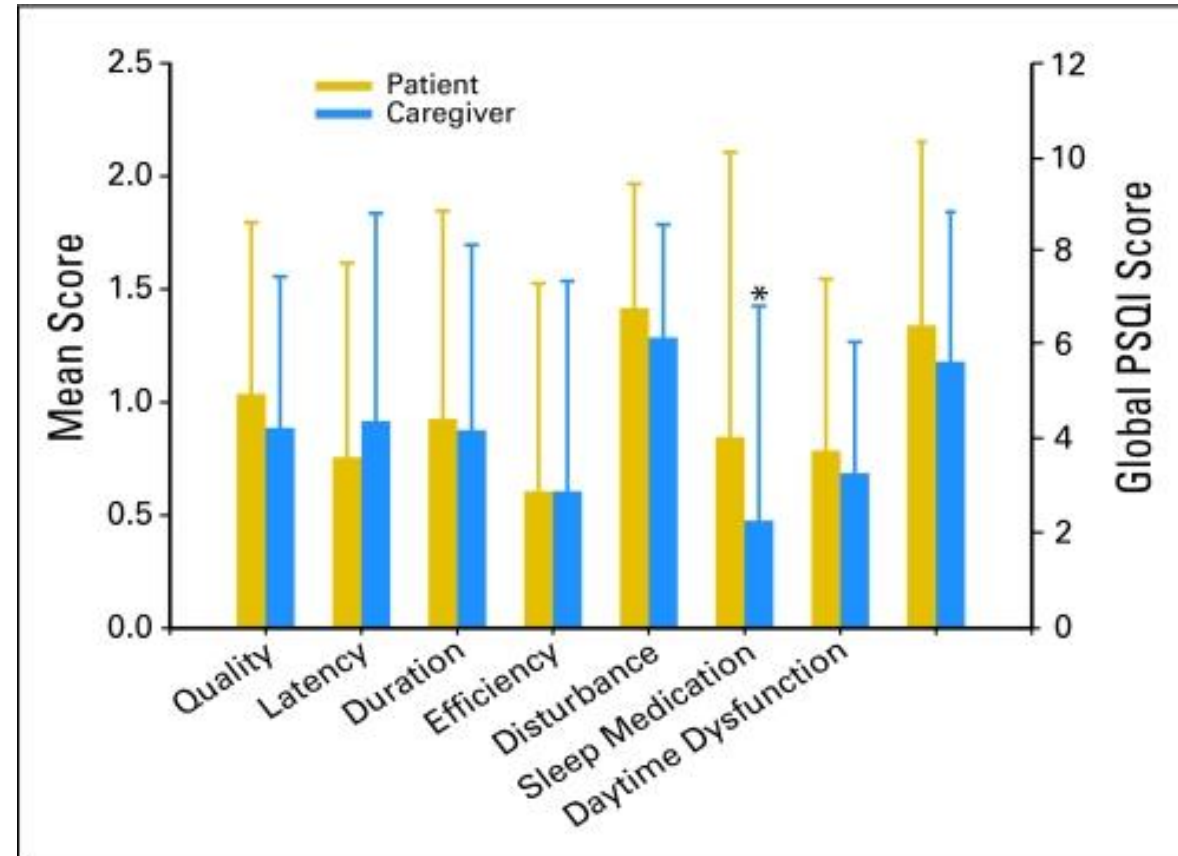
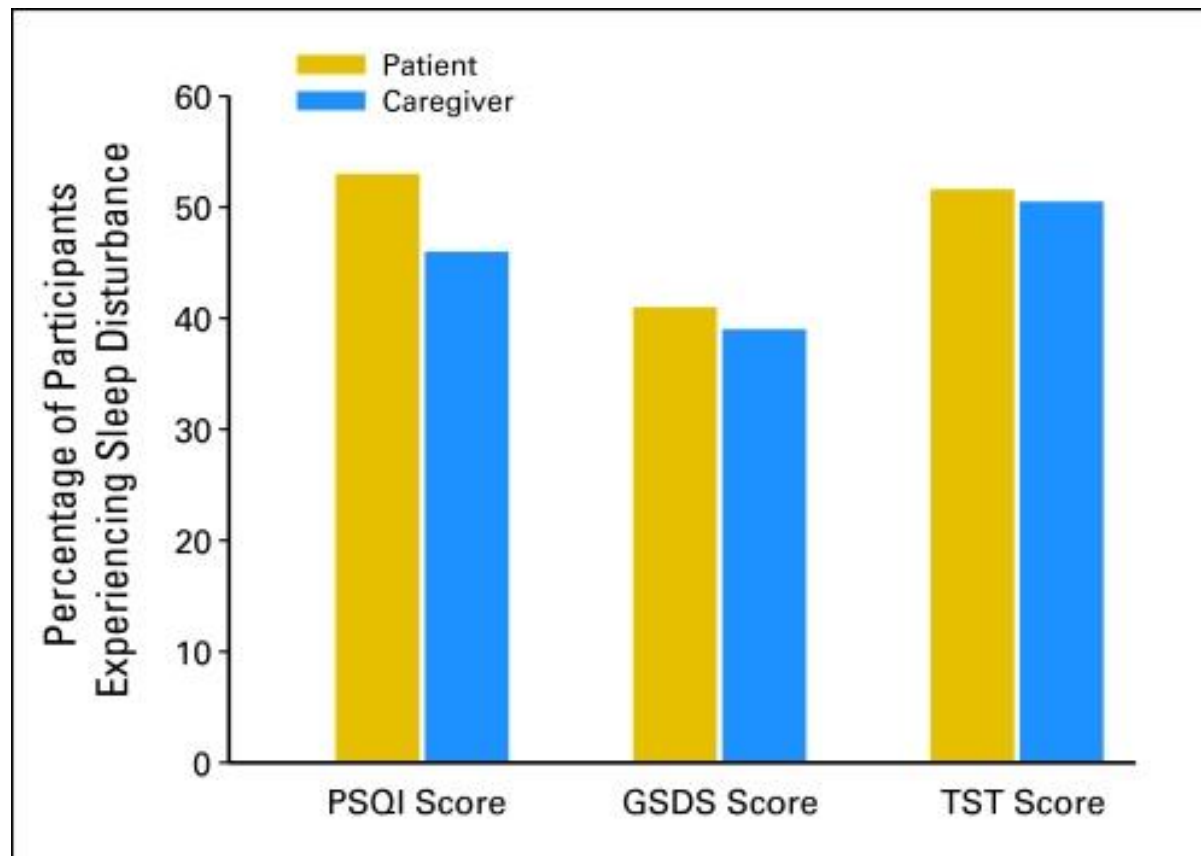
Some things that may contribute:

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

What impact does poor sleep 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



Presented with support from  NATIONAL COMPREHENSIVE CANCER NETWORK® **FOUNDATION**
Guiding Treatment. Changing Lives. Available online at [NCCN.org/patientguidelines](https://www.nccn.org/patientguidelines)

[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

Sleep hygiene combined with other treatments for insufficient sleep syndrome, insomnia, and restless legs syndrome

During the day

- Be physically active in the morning, afternoon, or both
- Seek out bright light during the day, especially in the morning
- Limit caffeine intake during the day
- If needed, take 1 nap in the afternoon for less than 30 minutes

Before bedtime

- Don't consume caffeine at least 4 hours before bedtime
- Don't drink alcohol or consume nicotine before bedtime
- Avoid bright light at night and turn off devices near bedtime
- Don't eat heavy meals and limit fluids 3 hours before bedtime

During bedtime

- Stick to a regular bedtime and waketime
- Sleep in a dark, quiet, and comfortable place
- Don't look at the clock during the night



NCCN Guidelines: Medication

Medication for insomnia

- Zolpidem
- Zaleplon
- Eszopiclone
- Ramelteon
- Temazepam
- Doxepin
- Suvorexant
- Lemborexant
- Daridorexant



NCCN Guidelines: Cognitive Behavioral Therapy

Cognitive behavioral therapy for insomnia

- Limit activities in bed to sleep and sex
- Limit time in bed to the amount of time sleeping
- Change unhelpful beliefs about sleep
- Calm your body and mind



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



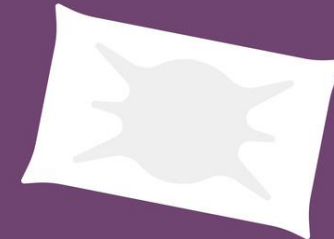
WAKE UP AND GO TO
BED AT THE SAME TIME.
SLEEP 7-8 HOURS



STOP EXERCISING FOUR
HOURS BEFORE BEDTIME



TAKE A WARM BATH OR
SHOWER BEFORE BEDTIME





Sleep Aids



Among the most frequently prescribed psychotropic prescriptions



CBT-I: 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



What does CBTI-I look like?

- Structure is similar to other types of CBT
- Once a week interactive sessions with a therapist
 - Sometimes less frequent
- Typically, 4-8 sessions/modules
- Medications work faster, CBT works longer

Finding a Behavioral Sleep Medicine Provider

- Society of Behavioral Sleep Medicine

behavioralsleep.org

- International Directory of CBT-I Providers

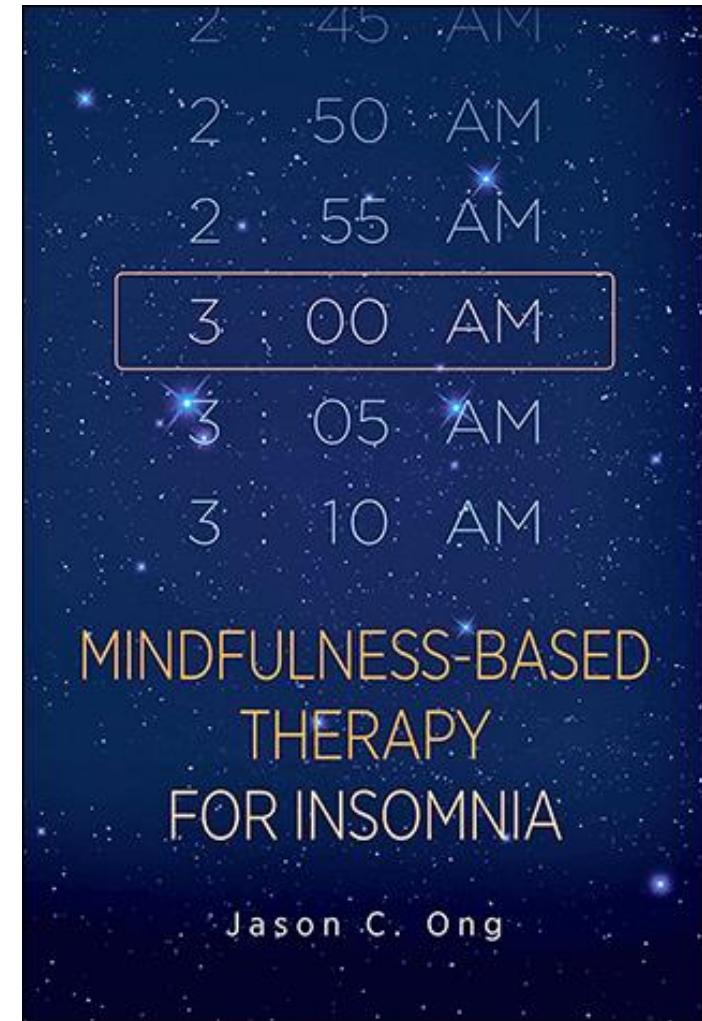
cbti.directory

- Online programs/apps also available



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



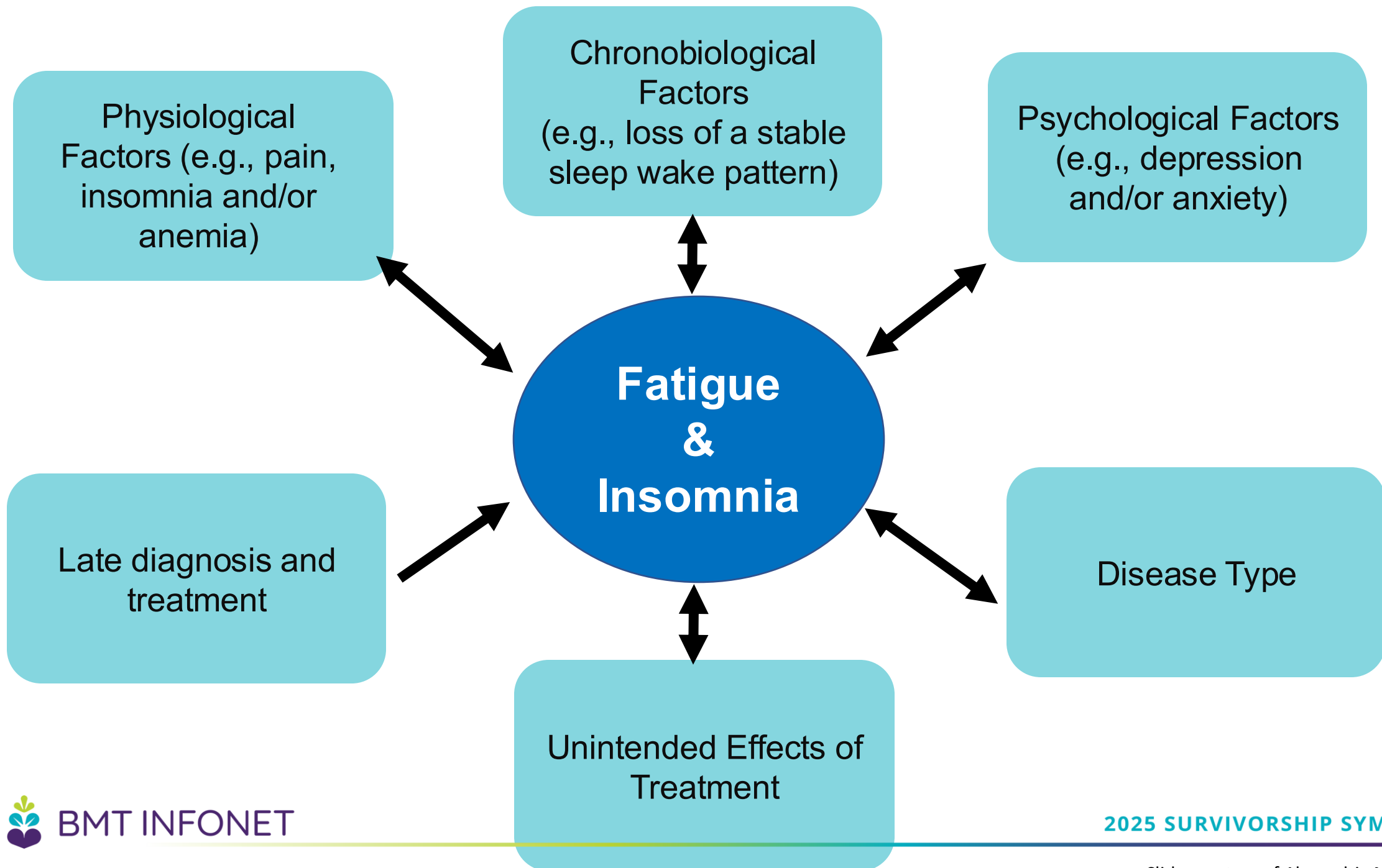
Bright Light

- Commonly used to treat seasonal affective disorder
- Systematic exposure to bright light may normalize circadian rhythms
- Some evidence that it can help decrease sleep disruption
- Goal = for light to approximate/be similar to sunlight (typically equivalent to approx. 10,000 lux)”



A quick thought about fatigue





Thanks to Dr. Lisa Wu, Dr. Michael Grandner, and
Dr. Alexandria Muench for contributing to these slides



Lisa Wu, PhD



Michael Grandner, PhD



Alexandria Muench, PsyD



Thank you for listening!

Questions?



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Let Us Know How We Can Help You

Visit our website: bmtinfonet.org

Email us: help@bmtinfonet.org

Phone: 888-597-7674 or 847-433-3313

