First Steps – Health and wellbeing: Sleep

This leaflet provides information and advice on how to manage fatigue before, during and after treatment. If you have any further questions or concerns, please do not hesitate to contact the cancer team secretary who will direct your enquiry to the relevant member of the cancer team: 01484 343490.

People living with cancer are dealing with a range of conditions that make life more challenging: frequent doctor's appointments, painful symptoms, uncomfortable side effects, and more. Trouble sleeping is yet another complication and its effects are often a struggle. Without sufficient sleep, pain feels more acute and emotions are more difficult to manage.
Being exhausted makes it tough to keep a positive mind-set and cope with the challenges of cancer. Some of the difficulties with sleep people with cancer often struggle with are; difficulty falling asleep and staying asleep, hot flashes and night sweats which can cause people to wake or make it difficult to get comfortable to sleep, excessive daytime sleepiness, restless legs syndrome and worry / anxiety.

Tips to support sleep

Mental reframing: Is about reviewing the negative thoughts and emotions around sleep and begin to develop more positive and mindful habits.

Relaxation techniques: Both progressive muscle relaxation and deep breathing exercises physically calm the body into a state conducive to sleep. The process of completing the exercises also gives the mind something to focus on, other than the worries and anxiety about cancer.

Sleep hygiene: Good sleep behaviour, such as following a bedtime routine, adhering to a consistent sleep schedule, keeping the bedroom cool and dark, and avoiding heavy meals, stimulating caffeine, or alcohol at night.

Sleep schedule: Only spend time in bed when supposed to be asleep and get out of bed at wake time, whether or not you have had a full 7 hours. It is advised to NOT take naps during the day. The idea behind sleep restriction is that it eventually forces the brain to naturally adhere to that set sleep schedule.

Useful sleep products

Cooling products - can provide relief for cancer patients dealing with night sweats or hot flashes. These mattresses are designed with more breathable materials, such as gel-infused foams or latex, to provide a cooler sleep surface.

White noise machines - help many individuals with insomnia fall asleep. These standalone electronics or smartphone apps have large libraries of nature sounds, classical music, or traditional white noise to block out distracting noise and thoughts.

Weighted blankets - can be calming for a variety of individuals, but many patients with Restless Leg Syndrome find that they adequately soothe symptoms.

compassionate care

Useful sources of information

HEALTHY EATING AND CANCER

Macmillan Healthy Eating and Cancer booklet

MACMILLAN CANCER SUPPORT

Macmillan Information Centre
Calderdale Royal Hospital 01422 222709
Huddersfield Royal Infirmary 01484 343614

NHS Calderdale and Huddersfield NHS Foundation Trust

Cancer Team Secretary
Monday to Friday 8am – 4pm 01484 343490

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).
Telephone: 0800 013 0018 (PALS) patientadvice@cht.nhs.uk

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Royal Hospital
Macmillan Unit
01422 222668

Huddersfield Royal Infirmary
Greenlea Suite Ward 7
01484 342474

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"