

## DURING AND AFTER TREATMENT

# Sleep–Wake Disturbances: Common Side Effect

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For sleep–wake disturbances, standards of care are based on established evidence-based practice.

## Definition

- Sleep–wake disturbances are defined as ongoing issues with sleep or daytime sleepiness (e.g., circadian rhythm disorder, hypersomnia, insomnia, narcolepsy, sleep apnea).

## Incidence

- Sleep–wake disturbances are estimated to occur in 35%–75% of patients with cancer.

## Assessment Tools and Recommended Intervals

- Screening should include health history and physical examination. Further evaluation can include assessment for distress, hot flashes, pain, and fatigue, as well as laboratory evaluation. Patients can also complete a sleep diary.

## Prevention Measures

- Recommend the following principles of good sleep hygiene:
  - Be consistent. Go to bed at the same time each night and get up at the same time each morning, including weekends.
  - Make sure the bedroom is quiet, dark, relaxing, and at a comfortable temperature.
  - Remove electronic devices, such as televisions, computers, and smartphones, from the bedroom.
  - Avoid large meals, caffeine, and alcohol before bedtime.
  - Get exercise. Being physically active during the day can help an individual fall asleep more easily at night.

## Evidence-Based Interventions and Management

- Discuss sleep medications and adjustments of medications.
- Consider cognitive behavioral therapy.
- Suggest exercise.
- Refer to sleep experts.

## Agents and Interventions to Avoid

- Quick fixes, such as over-the-counter agents
- Strategies based on incorrect targets, such as not treating pain, anxiety, or depression

## Evidence-Based Resources for Providers

- *NCCN Clinical Practice Guidelines in Oncology: Survivorship* (v.3.2021) ([www.nccn.org/professionals/physician\\_gls/pdf/survivorship.pdf](http://www.nccn.org/professionals/physician_gls/pdf/survivorship.pdf))
- Oncology Nursing Society Putting Evidence Into Practice: Sleep–wake disturbances ([www.ons.org/pep/sleep-wake-disturbances](http://www.ons.org/pep/sleep-wake-disturbances))

## Evidence-Based Resources for Patients and Family

- *NCCN Guidelines for Patients: Survivorship Care for Cancer-Related Late and Long-Term Effects* ([www.nccn.org/patients/guidelines/content/PDF/survivorship-crl-patient.pdf](http://www.nccn.org/patients/guidelines/content/PDF/survivorship-crl-patient.pdf))

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## KEYWORDS

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