A Self-Administered Sleep Intervention for Patients With Cancer Experiencing Insomnia

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Background: Sleep-wake disturbances are experienced by as many as 75% of patients with cancer and are twice as common in those patients compared to the general population (Carlson & Garland, 2005; Savard & Morin, 2001). Sleep-wake disturbance is a term used to describe perceived or actual changes in nighttime sleep, resulting in daytime impairment, and it includes sleep-related breathing disorders, sleep-related movement disorders (e.g., restless leg syndrome), hypersomnia, and insomnia (Page, Berger, & Johnson, 2006). The most prevalent sleep-wake disturbance in patients with cancer is insomnia (Sateia & Lang, 2008), which is defined as “a heterogeneous complaint that may involve difficulties falling asleep (initial or sleep onset insomnia), trouble staying asleep with prolonged...