THE BENEFITS OF SLEEPING

Quality sleep is essential to healing, proper immune function and mental health. Lack of sleep has been associated with depression, anxiety and decreased cognitive function. In cancer patients, poor sleep can take a significant toll on quality of life.

IS THERE A LINK BETWEEN SLEEP AND CANCER?

Anecdotally, there is a connection between sleep and cancer. Some studies have suggested a link between shorter sleep duration and increased risk of developing cancer. However, the evidence is not yet conclusive.

Does sleeping less than 6 hours a night increase your risk of developing cancer?

6 hours a night increase

Does having sleep apnea increase your risk of developing cancer?

6 hours a night increase

CANCER PATIENTS OFTEN SUFFER FROM LACK OF SLEEP

Cancer patients can experience:

- Sleep disturbances.

Factors that contribute to sleep problems in cancer patients:

- Psychological and emotional factors
- Pain and side effects of cancer treatment
- Fatigue
- Medications
- Changes in daily routine
- Anxiety and depression
- Hypersomnia

How to sleep well

- Simple strategies to improve sleep

10-11 hours

- Get up and get back to bed

- Drink a warm beverage: herbal tea or milk

- Develop sleep rituals:
  - Listen to relaxing music
  - Read something soothing
  - Don’t exercise at least 4 hours before bedtime
  - Don’t take naps

How to sleep well

- Cognitive behavioral therapy

Methods to help improve sleep

- Light therapy: Exposure to light, especially blue light, can help regulate the circadian rhythm and improve sleep quality.

- Cognitive behavioral therapy: Techniques that involve changing thinking patterns to improve sleep. This can include identifying and challenging negative thoughts, as well as practicing relaxation techniques like deep breathing and meditation.

- Relaxation techniques: Exercise, yoga, and other relaxation techniques can help reduce stress and improve sleep. These can be done alone, in groups, or with the help of a professional.

- Sleep restriction therapy: A type of behavioral therapy that involves restricting the total amount of sleep allowed, increasing the amount of time spent awake during the day, and encouraging naps.

- Melatonin: A hormone that regulates sleep-wake cycles. Melatonin supplements can be used to improve sleep quality and quantity.

- Prescription medication: Sometimes, a doctor may prescribe medication to help improve sleep. This can include sedatives, hypnotics, or antihistamines.

- Support systems: Support from family, friends, and healthcare professionals can be helpful in managing sleep problems. This can include providing emotional support, making adjustments to the sleep environment, and providing assistance with daily activities.

THE BASICS OF SLEEPING

Sleep is essential to learning and consolidating memories. It plays a role in protecting against many different diseases.

- 60% of adults in the U.S. have a sleep problem.
- 10-11 hours
- 7-8 hours
- 50-70 million adults in the U.S. have a sleep disorder.

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