

Night Sweats and Cancer: What Patients Need to Know

Patient education • Symptom management • Medical research

My role: Research • Content strategy • SEO • Writing

- Published under my name on a client website

At a glance: A patient-focused article explaining why night sweats may occur with mesothelioma or its treatments and how they can affect sleep and quality of life. The piece combines symptom education with practical management strategies and guidance on when patients should involve their care team.

A note on sourcing: I've retained the footnotes from the original draft to show how I research and source evidence-based health and wellness content. This is a component of all my work, even though I didn't preserve footnotes for most samples.

Below the excerpt, see [SEO elements](#) and [Sources](#).

Excerpt

Night sweats can feel different from person to person, but they usually have some common traits. In general, they're more intense than simply feeling hot at night.¹ Mesothelioma patients may describe suddenly waking up, drenched in sweat. These hot flashes can occur even if the room is cool.² Night sweats are often uncomfortable and disrupt sleep, leaving you awake and fatigued.

Patients with night sweats may experience:³

- Feeling hot or flushed during sleep
- Heavy sweating that soaks pajamas or bedding
- Increased heart rate and chills
- Sudden waking during the night⁴
- Trouble falling back asleep

¹ <https://blog.dana-farber.org/insight/2016/09/whats-the-connection-between-night-sweats-and-cancer/> "Night sweats involve excessive perspiration while asleep at night and often coincide with an increased heart rate and chills."

² <https://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hot-flashes-and-sweating.html> "Sweating can vary in intensity from mild clamminess to drenching sweats that require you to change your clothes or sheets. You might sweat even when it's cold."

³ <https://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hot-flashes-and-sweating.html> "**Sweating** is the most common sign of hot flashes, but there are other symptoms you might also experience, such as: Sensations of warmth or flushing, **Chills** or shaking, Pink or red skin, Fever followed by heavy sweating as your temperature goes back down, Feeling unusually hot in one or more areas of your body, Heart palpitations, Anxiety || If hot flashes or sweating continue for a long time, it's common to have **fatigue or sleep problems** as well."

⁴ <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/treating-mesothelioma-symptoms> "wake up at night with damp pyjamas and bedding"

Some patients may have frequent night sweats – this can affect rest, energy and overall quality of life.

5 Things You Can Do to Help Manage Night Sweats

With your care team's approval, consider these at-home tips to ease night sweats:⁵

- Keep the bedroom cool and use an additional bedside fan.
- Limit spicy foods, caffeine and alcohol – especially in the evening.
- Practice relaxation techniques to reduce stress.
- Try lightweight, cooling and breathable bedding. Cooling pillows may also help.
- Wear loose, moisture-wicking pajamas. Natural fabrics, like cotton, are key.

It's also key to talk with your doctor if you're experiencing night sweats. Along with at-home management, they can make medication adjustments or suggest supportive treatments.

How Long Do Night Sweats Usually Last?

Night sweat episodes usually stop on their own and can vary in length. Some last a few minutes, while others continue long enough to soak clothing or bedding. The intensity can also change from episode to episode.⁶

For many mesothelioma patients, night sweats may occur off and on for weeks or months.⁷ They can be more common with certain treatments or when tumor activity spikes.⁸ These episodes may improve if treatment plans change or symptoms are better managed.

Remember to Talk With Your Care Team

Because patterns can vary, it is important to keep your care team updated. This is especially true if night sweats are frequent, worsening or interfering with sleep. Night sweats may not be preventable, but some steps can help ease them. Your care team can ensure they're managed as well as possible.

⁵ <https://blog.dana-farber.org/insight/2016/09/whats-the-connection-between-night-sweats-and-cancer/> "Use air conditioning or fans to keep air moving and the room temperature cool." "Practice relaxation and stress-reduction techniques, such as yoga, acupuncture, meditation, or breathing exercises" "Use sheets and bedclothes made from natural fibers, like cotton. You might also want to try wick-away fabrics that absorb moisture from the skin and dry quickly [...] Consider using a cool gel pillow."

⁶ <https://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hot-flashes-and-sweating.html> "Sweating can vary in intensity from mild clamminess to drenching sweats that require you to change your clothes or sheets."

⁷ <https://www.cancerresearchuk.org/about-cancer/coping/physically/skin-problems/dealing-with-sweating/ways-to-reduce-sweating> "If you are sweating because treatment has changed your hormone levels, it may settle down after a few weeks or months"

⁸ <https://massivebio.com/causes-of-sweating-in-cancer-patients-bio/> "cancer can [...] directly lead to increased sweating due to tumor activity"

SEO Elements

Title Tag: Night Sweats & Mesothelioma: What Patients Need to Know

Meta Description: Mesothelioma patients often deal with night sweats. Is this normal, and can they go away? Learn about possible causes, symptoms and ways to find relief.

Sources

- American Cancer Society. [Hot Flashes and Sweating](#).
- Cancer Research UK. [Ways to reduce sweating](#).
- Dana-Farber Cancer Institute. [Night Sweats and Cancer: When to Be Concerned](#).