



Researchers estimate that up to a third of breast cancer patients have insomnia or some other form of sleep disturbance during the course of the disease. A diagnosis can cause anxiety, stress and depression, interrupting sleep patterns. In addition, certain pain medications, hormonal therapies, or chemotherapy medicines can also lead to sleep deprivation.

While complaints about sleep frequently take a backseat to the side effects of chemotherapy or hormone-replacement therapy, impaired rest is associated with greater postoperative pain, difficulty performing activities of

daily living, a lowered quality of life and symptoms such as fatigue and depression. A growing body of research also suggests that disruption of the body's internal circadian rhythm as a result of poor sleep can increase cancer risk, facilitate disease progression and results in a poorer prognosis.

Know Your Chronotype: Early Bird or Night Owl

A growing body of research indicates that sleep patterns are biologically driven and getting in sync with your natural circadian rhythm is more effective than a one-size-fits all approach. Like waking up at the crack of dawn? You are an early bird. Are you most productive at night? Sounds like the proverbial late owl. Listen to your body's natural inclination with regards to the times of day when it prefers to sleep.

Using your internal clock as your guide, try the following tips before turning out the light at the end of the day:

1. Keep your sleeping and waking hours consistent by going to bed and waking up at the same time everyday, including on Saturdays and Sundays.
2. Avoid napping during the day.
3. Exercise at least five or six hours before going to sleep.
4. Try not to use your phone or watch television before going to bed.
5. Use your bed only for sleeping.
6. Relax before going to bed, either through meditation or a visualization technique.

Be sure to speak with your doctor if you are having consistent trouble falling asleep. A clinician or medical provider can offer multifaceted sleep management techniques that might include non-pharmacologic interventions such as cognitive-behavioral therapies, and complementary and integrative medicine strategies.

Posted in **Medicine** (<https://www.thelaurusproject.com/category/medicine/>) Tagged **insights** (<https://www.thelaurusproject.com/tag/insights/>)

← **Suffering in Silence** (<https://www.thelaurusproject.com/suffering-in-silence/>)

The Laurus Project® Launches New Outreach Program → (<https://www.thelaurusproject.com/the-laurus-project-launches-new-outreach-program/>)

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *