

Tips for Managing Insomnia (Difficulty Sleeping) While on Chemotherapy

Things you can do on your own



- Avoid caffeine for at least 6 hours before bedtime
- Avoid alcohol
- Take a warm bath to help you relax
- Try to avoid napping during the day
- Stay away from screens (phone, tablet, TV) before bedtime, and avoid screens in bed
- Establish a bedtime routine and try to go to sleep and wake up at the same time each day
- Exercise during the day, but not within 3 hours of bedtime
 - Try to be active for at least 15-30 minutes every day. Walking is a good option. If 30 minutes of exercise is too hard, break it up into shorter sessions. For example, try three 10-minute sessions.
- Trial of melatonin (available over-the-counter) if you still have insomnia despite the above measures

REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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