

# 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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