



Sleeping Tips

Tips for helping your child or teen sleep well during cancer treatment

Importance of Sleep

- Sleep is crucial for physical and mental health.
- It aids in recovery from chemotherapy, surgery, and radiation for kids with cancer.
- Poor sleep can lead to increased pain in children.

Tips for Better Sleep



Watch Caffeine Intake

- Avoid caffeine in the afternoon and evening.
- Caffeine can interfere with bedtime.



Relaxation Activities

- If awake for more than 30 minutes, engage in relaxing activities.
- Avoid screens; enjoy activities like reading, listening to music, or deep breathing.



Designate Bed for Sleep

- Use the bed only for sleeping.
- Avoid engaging in activities like gaming or homework in bed.



Maintain a Routine

- Set consistent bedtime and wake-up times.
- Adjust waking time for medical appointments.
- Keep a relaxing bedtime routine, avoiding screens 30 minutes before sleep.



Sunlight Exposure

- Encourage outdoor activities for sunlight exposure.
- If indoors, open blinds and curtains to simulate natural light.



Manage Napping

- Allow napping but avoid late-afternoon naps.
- End naps earlier to prevent difficulty falling asleep at bedtime.



Limit Screen Time

- Bright screens can affect the body's sleep clock.
- Choose non-screen activities before bedtime, like reading or listening to music.

Seeking Further Help

- If sleep problems persist, consult with your medical provider.
- Hospitals often have healthcare providers who specialize in helping children with cancer achieve better sleep.

Resources:

<https://together.stjude.org/en-us/blog/article/National-sleep-awareness-week.html>

For more information visit
www.hatcherfoundation.org

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for pediatric cancer