

CAN-SLEEP : IMPROVING NIGHT-TIME SLEEP PROBLEMS



Peter Mac
Peter MacCallum Cancer Centre
Victoria Australia

About 6 in every 10 people with cancer have night-time sleep problems such as insomnia. The good news is that Can-Sleep is designed to help you.

The Can-Sleep service

The Can-Sleep service focuses on cognitive and behavioural methods of improving sleep.

Cognitive and behavioural therapy (CBT) is recommended as the first-line treatment for insomnia. It is known to be as helpful as medications in the short-term, and better than medications in the longer term.

CBT for sleep focusses on:

- thoughts and beliefs about sleep (cognitions)
- behaviours that impact sleep (e.g., sleep habits and routines)
- emotions that impact sleep

The Can-Sleep service also helps people who may be at risk of a medical sleep disorder, such as sleep apnoea or restless legs syndrome.



What to expect from Can-Sleep?

When you first attend Can-Sleep, you will be asked to fill in some brief screening questionnaires to find out what is causing your sleep problems. A Can-Sleep clinician will then discuss best treatment options for you. Can-Sleep treatments include:

Self-Help CBT – Can-Sleep has developed a CBT self-help booklet that is made specifically for people with cancer. You will be advised on which parts of the booklet will be most helpful for you, based on your specific sleep problems. You can also attend follow-up appointments to help you get the most out of the booklet, and check how your sleep is improving. People can download a free copy of the Can-Sleep booklet on the Can-Sleep website: www.petermac.org/services/cancer-information-resources/can-sleep

Group CBT program - Can-Sleep also runs a group CBT program, which is suitable for some people with insomnia. You will attend a pre-group appointment to make sure the program is right for you. The group runs over 4 sessions.

Referral – Can-Sleep may screen for medical sleep problems such as sleep apnoea or restless legs syndrome. Based on this screening, you may be offered a referral to a sleep clinic for specialist medical assessment and advice. Can-sleep is partnered with the Department of Respiratory and Sleep Medicine at the Royal Melbourne Hospital.

Who can attend Can-Sleep?

The Can-Sleep service is available for patients of Peter Mac. Can-Sleep is a no-cost service.

Referral and Contacting Can-Sleep

Speak to your treating team for a referral, or contact the Can-Sleep team directly.

- Phone: (03) 8559 5265
- Email: Cansleep@petermac.org
- Web: www.petermac.org/services/cancer-information-resources/can-sleep