

Update on the state of the science: sleep-wake disturbances in adult patients with cancer.

## Update on the State of the Science: Sleep-Wake Disturbances in Adult Patients With Cancer.

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### **Abstract:**

**Purpose/Objectives:** To update the state of the science on sleep-wake disturbances in adult patients with cancer, including insomnia in the areas of prevalence, mechanisms and models, measurement, interventions, and implications for policy, education, and research. **Data Sources:** Published articles, books, book chapters, MEDLINE®, CINAHL®, and computerized databases. **Data Synthesis:** Since the 2004 conference on Sleep-Wake Disturbances in People With Cancer, an increased focus has existed on the prevalence and distress experienced by patients with cancer and their caregivers. Evidence suggests that altered physiology directly related to the cancer process plays a prominent role in disrupting sleep, circadian rhythms, and hypothalamic-pituitary-adrenal axis-regulated processes. **Conclusions:** Cognitive behavioral therapy interventions are likely to be effective, but effectiveness has not been established for complementary, education or information, or exercise interventions. **Implications for Nursing:** Multidisciplinary teams should test the effectiveness of interventions to reduce sleep-wake disturbances in adult patients with cancer. Support the infrastructure to initiate and sustain evidence-based oncology nursing practice, clinicians should educate the public, and public policies should promote adoption of healthy sleep patterns and early diagnosis and treatment of sleep disturbances.

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