

This Pathfinder may be useful in finding information about sleep, rest, and relaxation.

Resources

Sleep Therapy

University Hospitals offers treatment for people who have trouble with sleep. It is called Cognitive Behavioral Therapy (CBT) for Insomnia. Treatment consists of 4 to 6 sessions talking with a doctor. Studies have shown that CBT treatment can work better than taking sleep medicine. Sessions are offered at different UH locations. For more info, or to make an appointment, call **216-844-5128**.

Websites

National Cancer Institute

cancer.gov

Click on the Search symbol , type in the word Sleep. Under Sleep Disorders, choose the Patient Version.

American Society of Clinical Oncology

cancer.net

In the search box, type the word Sleep. Choose from the list of articles.

Apps

These apps are available for either iOS or Android. There may be a cost for some of their features.

• Headspace • Noisli • Pzizz • Slumber • Calm • Sleep Cycle

Audio

Health Journeys: A Meditation to Help You with Healthful Sleep by Belleruth Naparstek (2000)

CancerCare

cancercare.org

Listen online to audio workshops. Click on **Our Services**. Click on **Connect Education Workshops**. Click on **Browse Workshops** by Topic: choose Sleep.

Books

365 Ways to Get a Good Night's Sleep by Ronald L Kotler (2009)

Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain by Colleen Carney (2009)

This Pathfinder is a suggested list of books and websites and is not meant to be used as a substitute for medical advice or professional counseling. If you have any questions, please talk to your doctor.