

# Sleep and Fatigue: Where to Learn More



## Additional Resources

### ☞ **Psycho-Oncology Behavioral Sleep and Fatigue Clinic**

- ☞ 7-week group clinic focused on learning scientifically-supported, non-medication-based strategies for managing cancer related sleep difficulties and fatigue
- ☞ Contact Psycho-Oncology at 415-353-7019 to learn more or to register for an upcoming clinic

### **Insomnia**

- ☞ Handout from the American Cancer Society
  - ☞ <http://www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-031631.pdf>
- ☞ Self-Help Workbooks
  - ☞ *Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain*, By Colleen Carney (New Harbinger Self-Help Workbook) Paperback - December 2, 2009
  - ☞ *The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need*, By Stephanie Silberman
  - ☞ *Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School*, By Gregg D. Jacobs Paperback - September 15, 2009
- ☞ Online Program: CBTforInsomnia.com

### **Fatigue**

- ☞ Handout from the American Cancer Society
  - ☞ <http://www.cancer.org/acs/groups/cid/documents/webcontent/002853-pdf.pdf>
  - ☞ <http://www.cancer.org/acs/groups/cid/documents/webcontent/002842-pdf.pdf>

