



CANCER SLEEP RESCUE KIT

Side 1: a calm, practical plan for tonight

YOUR 30-MINUTE WIND-DOWN

Repeat the same sequence nightly so your nervous system learns what comes next.

T-30	T-20	T-10	0
LOWER THE SIGNAL	WARM, THEN COOL	SETTLE THE BODY	LIGHTS OUT
☐ Screens away; lights low	☐ Warm shower, bath, hands, or feet	☐ 5 minutes: breathe in 4, out 6	☐ Room cool, dark, and quiet
☐ Write tomorrow's top 3 tasks and worries	☐ Take cleared medications or supplements	☐ Easy book, calm audio, or body scan	☐ No clock-watching

THE 20-MINUTE RULE

If you're awake for about 20 minutes, get up. Sit somewhere dim with something boring. Return to bed only when drowsy. Beds are for sleeping; teach your brain that again.

MELATONIN: SMALLER IS SMARTER

0.3-3 mg

about 1 hour before bedtime

Higher doses are not more effective for most people and may cause grogginess or vivid dreams.

CHECK WITH YOUR CARE TEAM FIRST

AWAKE AT 3AM?

- ☐ Get out of bed
- ☐ Use dim light only
- ☐ Choose a boring, quiet activity
- ☐ Do not watch the clock
- ☐ Return when drowsy

THIS WEEK: MATCH THE FIX

The right next step depends on what is actually keeping you awake.

DRIVER	FIRST FIX	ASK YOUR CARE TEAM
Steroids	Keep the routine; avoid a long catch-up nap.	Can dexamethasone be scheduled earlier? Is a shorter course possible?
Hot flashes	Cool room, layers, fan, and moisture-wicking sleepwear.	What prescription or integrative options fit my cancer and regimen?
Neuropathy	Loose bedding; warm foot soak; protect balance.	Is neuropathy progressing? What topical or treatment options are safe?
Anxiety	Use a 15-minute worry window; keep a bedside notepad.	Can I access CBT-I, counseling, mindfulness, or relaxation support?
Pain	Positioning aids, gentle stretch, warmth, and slow breathing.	Can we improve pain control instead of asking sleep to work around it?

SUPPLEMENT SAFETY: DISCUSS EVERY OPTION WITH YOUR TEAM

● LOWER CONCERN

- Magnesium glycinate
- Lemon balm
- Passionflower

● CONFIRM DOSE / TIMING

- Valerian
- Melatonin

● USE REAL CAUTION

- Ashwagandha if hormone-sensitive
- Kava
- Multi-ingredient blends

WHEN TO ESCALATE

☐ Loud snoring, gasping, or unrefreshing sleep -> ask for a sleep apnea screen

☐ Insomnia 3 nights a week for 3 months -> request CBT-I

☐ Growing hopelessness, low mood, or anxiety -> tell your care team

Need a personalized sleep plan? Schedule a virtual consult with Dr. Suzanne McMurry, ND, FABNO.