

Empower - Menopause and Cancer Survivorship Pathway

Sleep Disturbance

Resources

Information about Insomnia

Please find links to some resources about insomnia which you may find helpful:

[Sleep Problems & Insomnia - My Menoplan](#)

[sleepdiaryv6-sleep-foundation.pdf \(mymenoplan.org\)](#)

[Sleeping with Science | TED Series](#)

[Difficulty sleeping \(insomnia\) | Macmillan Cancer Support](#)

Information about cognitive behavioural therapy for insomnia (CBT-I)

Please find links to information about CBT-I which you may find helpful:

[CBT-I Programme | The Insomnia Clinic](#)

[FAQs | The Insomnia Clinic](#)

[CBT for Insomnia - Spectrum Mental Health](#)

[Cognitive Behavioral Therapy for Insomnia Frequently Asked Questions \(cbti.directory\)](#)

[02-WHC-FACTSHEET-CBT-WOMEN-NOV2022-B.pdf \(womens-health-concern.org\)](#)

The Matt Walker Podcast - find it wherever you listen to your podcasts.

The Matt Walker Podcast is all about sleep, the brain, and the body. Matt is a professor of neuroscience at the University of California, Berkeley. He is an author of the book, Why We Sleep, and has given a few TED talks.

ARC Cancer Support Centre provides a variety of complimentary therapies that aid with getting a restful sleep. For example, we offer virtual weekly wellbeing classes that include Relaxation and Mindfulness. In addition, clients can avail of our in-person touch therapies in our centres (Reflexology or Acupuncture) to help with sleep disturbances. We host virtual specialist talks on a regular basis that our clients find very beneficial, recordings of some are found on the Resources section of our website ([Video | ARC Cancer Support Centres](#)). Updates on our monthly schedule for all supports can be found on our website, our Facebook page or Instagram.

To learn more about our weekly wellbeing classes, resources, support groups, and all other supports at ARC please visit www.arccancersupport.ie.

Macmillan recommends downloading free relaxation apps. Headspace is the most common free meditation app. There are some free meditations but to have full access there is a fee of 57 euro per year. They have courses tailored to different needs. For instance, there are courses based on increasing happiness, sleep and stress.

<https://www.headspace.com/>

Macmillan recommends those going through menopause and experiencing sleep disturbances to read this webpage. It has very specific tips for the various causes of sleep issues.

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/trouble-sleeping>

Breastcancer.org has a brief webpage about self-help tricks for managing sleep problems. It is a resource that is recommended to readers of their page about breast cancer and menopause. It has simple bullet pointed tips.

<https://www.breastcancer.org/treatment-side-effects/menopause/treating-symptoms/sleep-problems/self-care>

Jean Hailes, an Australian women's health organization, recommends menopausal women listen to this podcast about menopause and sleep disturbances. The podcast is hosted by a sleep physician, an endocrinologist, and a health psychologist. They discuss sleep changes and how they can be addressed. The podcast can be accessed online.

[Stream Menopause & sleep: 'Sleep Talk' with Dr Sonia Davison by Jean Hailes | Listen online for free on SoundCloud](#)