

Empower – Menopause and Cancer Survivorship Pathway

Menopause and Cancer – Sleep Disturbance

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Menopause and Cancer – Sleep Disturbance

- Insomnia
- Menopause
- Cancer
- How to improve sleep
- Management of Insomnia

Empower - Menopause and Cancer Survivorship Pathway

Sleep Disturbance

FAQs

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Sleep Disturbance

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Sleep Disturbance

Sleep Hygiene Education



INSOMNIA – What is it?

- Dissatisfaction with sleep quantity or quality
- Associated with one (or more) of the following symptoms:
 - difficulty initiating sleep
 - difficulty maintaining sleep
 - frequent awakenings or problems returning to sleep.
- 10-12% of the adult population
- **30% of cancer patients**
- **48% of menopausal women**

How does Insomnia affect me?

- **Daytime symptoms of insomnia:**

- Fatigue
- Sleepiness
- Disturbed mood /irritability
- Reduced motivation
- Reduced Energy
- Daytime performance
- Alterations in memory functioning
- Poorer attention, which can lead to accidents

- **Insomnia can lead to:**

- Worsening brain fog
- Low libido
- Sexual dysfunction
- Anxiety and Depression

- **Insomnia is associated with:**

- Impaired immune response
- Cardiovascular disease (High blood Pressure)
- Diabetes
- Obesity
- Neurobehavioural dysfunction

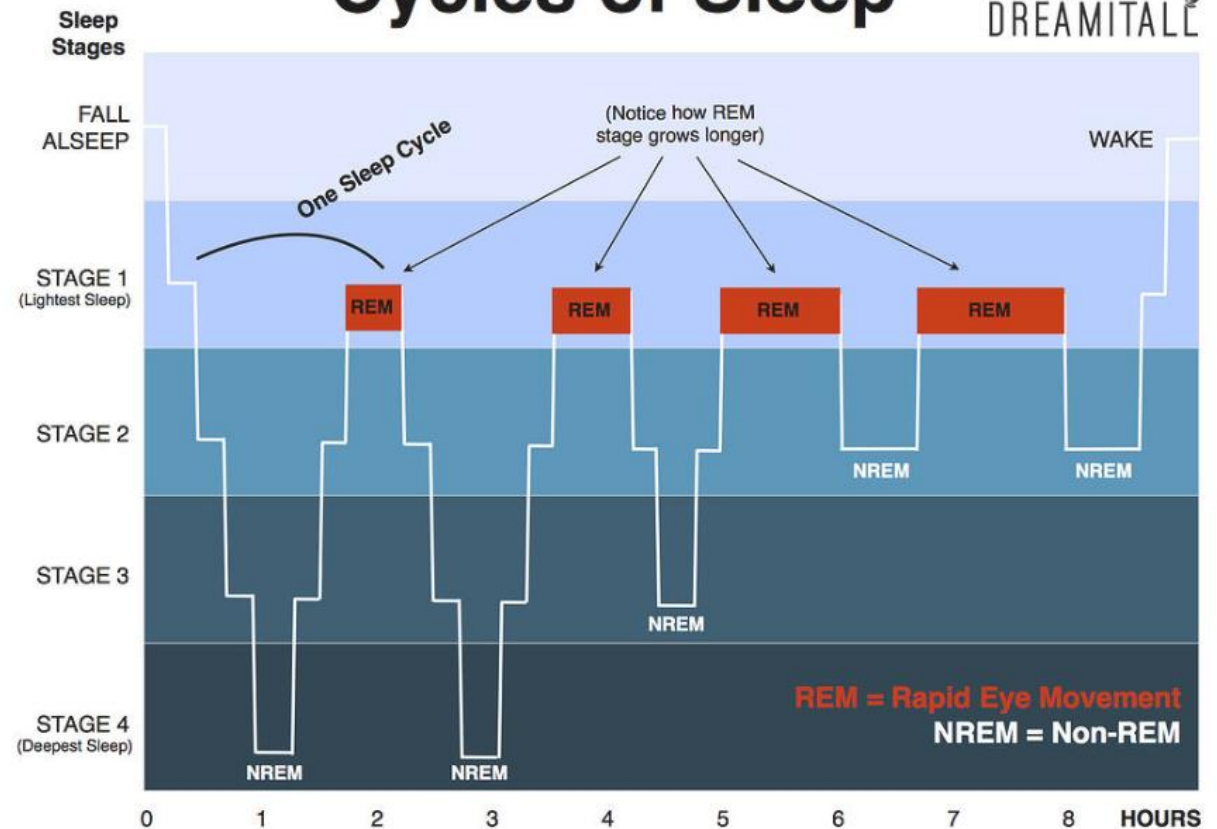


The Stages of Sleep

- Sleep consists of two phases:
- Rapid eye movement (**REM**) sleep also known as dream sleep, is the phase of sleep in which the brain is active
- Non-REM (**NREM**) sleep is the quiet or restful phase of sleep. NREM is also referred to as slow wave sleep is divided into 4 stages of progressively deepening sleep based on EEG findings.
- A sleep cycle is ~90 minutes
- This cycling produces the architecture of a nights sleep

Cycles of Sleep

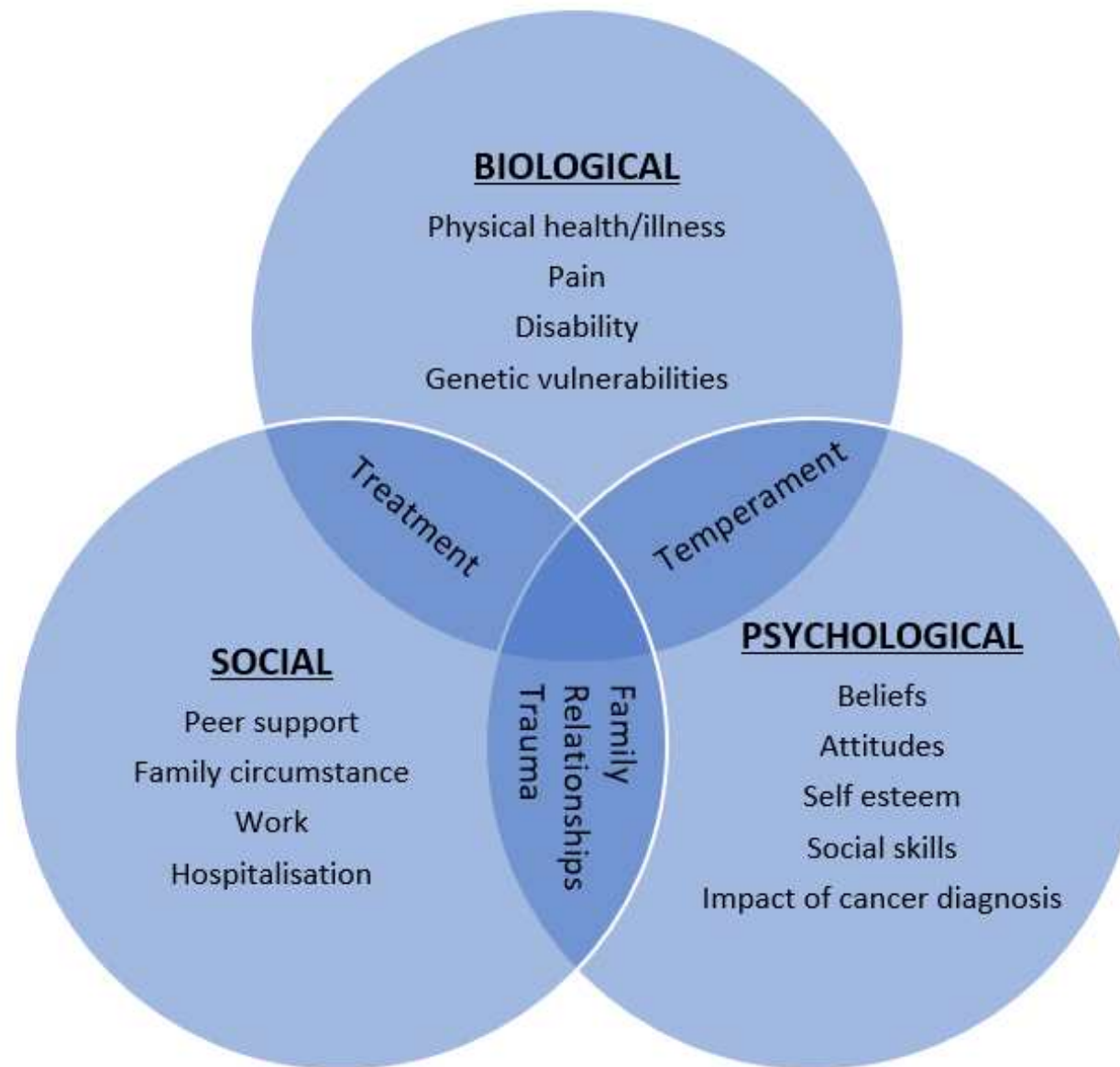
DREAMITALC



What has caused my sleep disturbance?

- Cancer
- Menopause

How does Cancer lead to Insomnia?



How does Menopause lead to insomnia?

- The cause of sleep disturbance in the menopause is uncertain
 - 48% of menopausal women are affected by Insomnia.
1. Hormonal changes
 2. Mood disorders
 3. Vasomotor symptoms (VMS) such as Hot Flushes and Night sweats

Vasomotor Symptoms & Insomnia

- Vasomotor symptoms (VMS): Hot Flushes and Night Sweats
- 85% of post-menopausal women report hot flushes

- Causes: physiological menopause, surgical menopause or chemical menopause
- Chemical menopause: Cytotoxic chemotherapy, Radiotherapy
- Drug associated VMS: Tamoxifen, aromatase inhibitors, opioids, TCAs, steroids

Cancer related Fatigue

- Fatigue is commonly reported by cancer patients
- Fatigue is a major obstacle to normal functioning and achieving a good quality of life
- Cancer-related fatigue occurs most often after:
 - Surgery
 - Chemotherapy
 - Radiotherapy
 - Immunotherapy

The management of Sleep Disturbance and Insomnia

- First steps in improving our sleep
- Cognitive Behavioural Therapy for Insomnia
- Medications in the short term for sleep
- Management of hot flushes/night sweats which cause sleep disturbance

Menopause and insomnia - Management

- Sleep Hygiene
- Cognitive Behavioural Therapy for insomnia (CBT-I)
- Menopause Hormonal Therapy (MHT/HRT)
- Medications
 - Antidepressants
 - Melatonin
 - Benzodiazepines
 - Z Drugs
 - Gabapentin

Insomnia Management - Sleep Hygiene

- Go to bed at the same time and get up at the same time
- Bedroom Environment
 - Keep it cool
 - Keep it dark
- Routine around bed time
 - Exercise
 - Caffeine
 - Alcohol

Insomnia Management - Sleep Hygiene

- **Go to bed at the same time and get up at the same time**

Insomnia Management - Sleep Hygiene

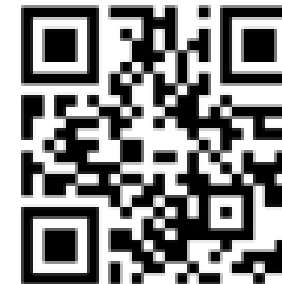
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Insomnia Management – Cognitive Behavioural Therapy for Insomnia (CBT-I)

- First line treatment for insomnia
- Cognitive Behavioural Therapy for Insomnia
- Digital Cognitive Behavioural Therapy for Insomnia dCBT-I
- The Sleepio After Cancer Study



Savard J, Simard S, Ivers H, et al.: Randomized study on the efficacy of cognitive-behavioral therapy for insomnia secondary to breast cancer, part I: Sleep and psychological effects. J Clin Oncol 23 (25): 6083-90, 2005. [[PUBMED Abstract](#)]

Epstein DR, Dirsken SR: Randomized trial of a cognitive-behavioral intervention for insomnia in breast cancer survivors. Oncol Nurs Forum 34 (5): E51-9, 2007. [[PUBMED Abstract](#)]

Espie CA, Fleming L, Cassidy J, et al.: Randomized controlled clinical effectiveness trial of cognitive behavior therapy compared with treatment as usual for persistent insomnia in patients with cancer. J Clin Oncol 26 (28): 4651-8, 2008. [[PUBMED Abstract](#)]

Berger AM, Kuhn BR, Farr LA, et al.: One-year outcomes of a behavioral therapy intervention trial on sleep quality and cancer-related fatigue. J Clin Oncol 27 (35): 6033-40, 2009.

Insomnia Management - Hypnotics

- Hypnotics:
 - Benzodiazepines (triazolam)
 - Z Drugs (Zolpidem)
- Short term solution

Insomnia in women with VMS – Management

- HRT
- Non-HRT based treatments
 - Venlafaxine
 - Citalopram
 - Gabapentin
 - Pregabalin
 - Clonidine
- CBT
- Relaxation training and paced breathing



The Sleepio™ After Cancer Study is recruiting.

Trouble Sleeping?

Do you have trouble getting to sleep,
staying asleep or waking up too early?

We are recruiting:

- women over the age of 18
 - with a history of cancer
 - currently experiencing insomnia
- for an innovative technology-based trial

Ask for information in clinic
today, scan the QR code or
teresa.treacy@ucdconnect.ie



Thank you

Questions

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