



Sleep Disturbances Pathfinder

*Information for Patients
and Caregivers*

Websites

- **Anxiety Canada**
[Making Sleep Count — Active Steps - Anxiety Canada](#)
- **Canadian Cancer Society- Sleep Problems**
<https://cancer.ca/en/treatments/side-effects/sleep-problems>
- **Sunnybrook Health Sciences Centre**
[Manage Cancer Fatigue - Sleep \(sunnybrook.ca\)](#)
- **Oncolink- Insomnia**
<https://www.oncolink.org/support/side-effects/other-side-effects/insomnia/tips-for-managing-sleep-problems-insomnia>

Books

- **Goodnight mind: turn off your noisy thoughts & get a good night's sleep.** 616.84982 Carne
- **Mindfulness for Insomnia.** 616.84982 Orzec
- **Sink into Sleep.** 616.84982 David

Programs

- **Wellspring- Well on the Web**
Meditation workshop- how to get a good night's sleep
<https://wellspring.ca/online-programs/programs/all-programs/meditation-workshop-how-to-get-a-good-nights-sleep/>
- **Waterloo Wellington Self-Management Programs**
Better sleep program
<https://www.wselfmanagement.ca/Individual-Better-Sleep.htm>

On-line Apps and Podcasts:

Available through iTunes (iOS) Google Play (Android)

- **Cognitive Behaviour Therapy- Insomnia (CBT-I) Coach App.**: Free
- **Somryst – CBT-I** : Needs to be prescribed by a doctor
- **Headspace**: requires a subscription
- **Calm**: requires a subscription
- **Insight Timer**: Free
- **Sleep podcasts**- Free

Additional Websites

- **Canadian Sleep Society**
<https://www.css-scs.ca>
- **Kelty's Key**
<https://www.keltyskey.com/courses/insomnia/>
A free online cognitive behavioral therapy service that offers resources for insomnia.
- **Grand River Hospital- Waterloo Wellington Regional Cancer Program**
<https://www.grhosp.on.ca/cancerwaterloowellington/guide/manage-your-symptoms>
- **Cancer Care Ontario**
<http://cancercareontario.ca/en>
- **BC Cancer Agency**
<http://www.bccancer.bc.ca>
 - Self Help for Sleep Problems: [http://www.bccancer.bc.ca/coping-and-support-site/Documents/Self-help%20for%20sleep%20problems%20\(insomnia\).pdf](http://www.bccancer.bc.ca/coping-and-support-site/Documents/Self-help%20for%20sleep%20problems%20(insomnia).pdf)