

Are you or a loved one a cancer survivor with Sleeping Problems?

To qualify for this study one must...

Have received either surgery, chemotherapy, or radiation for cancer and be 18 years or older.

Have completed all therapy within the last 2-24 months.

Have sleep problems 3 or more nights a week for 3 or more months.

Participants will be randomized to one of three therapies:

- Yoga - 75-minutes two times a week for 4 weeks
- Problem Focused Behavioral Therapy - 90-minutes a week for 8 weeks
- Health Education for Cancer Survivors - 75-minutes two times a week for 4 weeks

Everything will be done at Sunrise Hospital. All class materials will be provided and there is no charge for the classes. You will be paid a small amount per assessment. If you are interested in this study, please call the Nevada Cancer Research Foundation at 702-384-0013 and ask about the Insomnia Study. You will be asked some screening questions taking about 15 minutes.

INSOMNIA STUDY FOR CANCER SURVIVORS

Sunrise Hospital and Nevada Cancer Research Foundation are looking for cancer survivors with insomnia to participate in a study.

Participants will be randomized to one of three therapies:

- **Yoga - 75-minutes two times a week for 4 weeks**
- **Problem Focused Behavioral Therapy – 90-minutes a week for 8 weeks**
- **Health Education for Cancer Survivors - 75-minutes two times a week for 4 weeks**

In addition to the weekly classes, all participants participate in 5 assessments. These include a blood draw, 6-minute walk, a handgrip test, questionnaires, daily diaries and wearing a small activity monitor. These assessments will take place prior to the class, half-way through the classes, after the last class, at 3 and 6 months after the last class.

Everything will be done at Sunrise Hospital. All class materials will be provided and there is no charge for the classes. You will be paid a small amount per assessment.

You may be eligible for the study if:

- **You are 18 years of age or older**
- **You have a confirmed diagnosis of cancer**
- **You received either surgery, chemotherapy, or radiation therapy**
- **You completed all treatment within the last 2-24 months**
- **You have sleep problems 3 or more nights a week**
- **You have had sleep problems for 3 or more months**

If you are interested in this study, please call the Nevada Cancer Research Foundation at 702-384-0013 and ask about the Insomnia Study. You will be asked some screening questions taking about 15 minutes.