

Cognitive Behavioral Treatment for Insomnia on Cancer Patients: A Systematic Review

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Sleep disturbance in cancer is a significant problem that interferes quality of life, however, this issue has been neglected until recent two decades. Cognitive Behavioral Therapy for Insomnia (CBT-I) has been recognized as an efficacious intervention for people who suffer from primary or secondary insomnia. The purposes of this review article are to evaluate the efficacy of CBT-I for cancer patients, and to identify the barriers and the strategies of CBT-I implications on oncology departments.

The results showed that CBT-I was effective in cancer-related insomnia, without altering the main treatment components, especially the stimulus control and the sleep restriction. Additional muscle relaxation training helped to improve sleep onset latency, fatigue management positively affected patients' fatigue and sleep quality, and the cognition reconstruction had benefits to the depressive mood. Those who had limited mobile ability, such as hospitalizing or bed-ridden, would be impeded to adhere all components of CBT-I. Therefore, some modifications to fit the restrictions of cancer patients would be necessary. The author proposed the strategies to surmount the barriers when applying CBT-I in cancer patients, such as to develop telephone consultation service to keep outpatients' sleep hygiene and to adjust the content of each component according to individualized condition.

Keywords: *cancer, cognitive-behavioral therapy, insomnia*