



PATIENT EDUCATION

Sleep problems during radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

Why sleep gets harder

Daily trips, steroids, worry, night bathroom trips, pain, and a racing mind can all cut sleep. Poor sleep then worsens fatigue and mood. This is common and treatable. You do not need to wait until the course is over to ask for help.

What you may notice

- Trouble falling asleep, or waking at 3 a.m. and not returning
- Steroid “wired” feeling if those pills are taken too late in the day
- Night sweats, hot flashes, or pain that jabs you awake
- Naps that are so long nighttime sleep never comes

First-line habits

Keep a regular get-up time, even after a bad night. Limit long late naps. Park the phone outside the bedroom if you can. If you are awake more than about 20 minutes, get up and do something quiet in dim light, then return. Ask whether steroids can be taken in the morning.

Where CureRays may fit. Tell us if worry or sadness is the main thief of sleep. We can connect you with counseling and, when appropriate, a short-term sleep medicine that fits your other drugs. Confirm any over-the-counter sleep aid — some worsen confusion or constipation.

What you can expect

- Sleep often improves when night symptoms (pain, urgency) are treated
- A simple written plan beats a drawer of unused bottles
- You can still come to daily treatment after a bad night — tell us if driving is unsafe



Practical tips

- **Caffeine.** Cut it after lunch if nights are light.
- **Bedroom.** Cool, dark, and used for sleep — not treatment paperwork.
- **Alcohol.** It fragments sleep and can worsen reflux or hot flashes.
- **Clock.** Turn it away. Watching minutes rise is a trap.

When to call the clinic

- No sleep for two nights plus confusion or falls
- Chest pain, severe headache, or shortness of breath at night
- Thoughts of hopelessness or of harming yourself — call 988 or emergency services, then us
- Sleep medicine is making you groggy or unsteady in the morning

Questions to ask

- Can my steroid or diuretic schedule move earlier in the day?
- What sleep medicine is safest with my other prescriptions?
- Would counseling or a short behavioral sleep visit help?
- How do we keep me safe to drive to treatment?

How to schedule or learn more

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