

Sleep disturbance is associated with post cancer fatigue:

findings from a prospective cohort study



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Introduction

In patients with cancer:

- Daytime **fatigue**
- **Poor quality sleep**
more common than healthy populations

Fatigue -multiple causes:


disease process
cancer treatment
medications
psychological factors
sleep disturbance

Post hoc analysis - prospective cohort study*

Aim:

Prospectively explore relationship between sleep disturbance and development of post cancer fatigue

* *FolCan* study Goldstein et al JCO 2012

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- 218 women (age 52; married; educated)
 - Early stage breast cancer
 - 50% post menopausal
 - Baseline – post surgery
 - Followed intensively for 12m post-adjuvant Rx

Sleep disturbance & post cancer fatigue

Assessments

- Sleep – self reported questionnaire items
 - *Difficulty falling asleep*
 - *Sleeping less than 5 hours*
 - *Repeated awakenings during sleep*
 - *Restlessness during sleep*
 - *Waking up before wanted to*
 - *Waking feeling unrefreshed*
- Principal components analysis confirmed single factor 'sleep'

- Fatigue - Cross-sectional case rate
 - 24% post surgery
 - 42% end Rx
 - 19% at 6months post treatment
- Continuous fatigue (post cancer fatigue)
 - 19% - 1 month post Rx
 - 12% - 12 months post Rx

- End treatment

Poor sleep reported by

71% of cases with CRF

33% who did not report fatigue

- 6 months post Rx

70% of cases with CRF

25% who did not report fatigue

Sleep disturbance & post cancer fatigue

Predictors of continuous fatigue to
6 months post treatment (PCF)

(inc. sleep disturbance score; Rx type; menopausal status)

Sleep disturbance at 1 month post Rx

OR 1.2, $p=0.047$

Sleep disturbance & post cancer fatigue

Treatment type & menopausal status **did not** predict PCF

i.e. Women premenopausal at baseline **not more likely to become fatigue cases** at 6m post Rx

$$\chi^2 .01; p = .92$$

Discussion points

- Obtain good history of symptoms
 - Investigations only when warranted (PSG)
 - Targeted early interventions for insomnia
 - Behavioural
 - Cognitive
 - Educational
- } components

Sleep disturbance & post cancer fatigue

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