

Sleep Hygiene



A diagnosis of neuroendocrine cancer (NETs) can be life-changing – and it's completely normal for sleep to be affected. Stress, worry, physical discomfort, and changes in daily routines can all disrupt our natural sleep patterns.

The good news is, adopting healthy sleep habits early on can make a real difference in the long term. Even small, consistent steps may help with common sleep challenges such as difficulty falling asleep or staying asleep.

Sleep is essential for our physical healing, mental clarity, and emotional wellbeing. It gives the mind and body time to reset, recover, and prepare for the day ahead. While sleep can be disrupted for many reasons – including illness, treatment, medications and anxiety – having a consistent sleep routine may help improve sleep quality over time.

For ongoing sleep difficulties, speak with your GP or medical team. In the meantime, these practical sleep strategies may help.



Support



Education



Research



Awareness



Advocacy

Sleep Hygiene



Sleep hygiene strategies to support rest and recovery

1. Wake up around the same time each day

Keeping a consistent wake-up time, even on days without a set schedule, helps train your body's internal clock. It might feel difficult at first, but sticking to it can gradually improve sleep quality and make falling asleep easier at night.

2. Stick to a daytime routine

No matter how your sleep went the night before, keeping up with your usual daytime activities can prevent sleep disturbances from becoming long-term habits. Routines offer structure and signal to your body when it's time to be awake – and when it's time to rest

3. Sleep when you're sleepy

Try to go to bed only when you feel genuinely tired. This helps your brain connect the bed with sleep, not wakefulness. While short naps may be necessary sometimes, frequent or long naps during the day can make it harder to sleep at night. If you can, limit naps or avoid them altogether.

4. Notice your 'sleepy signs'

Everyone has signals that it's time for bed – yawning, heavy eyelids, slower reactions, or feeling irritable or teary. These are cues from your body, and paying attention to them can help you settle into sleep more easily.



Support



Education



Research



Awareness



Advocacy

Sleep hygiene strategies to support rest and recovery

5. Create a calming bedtime ritual

A consistent, relaxing routine before bed can signal your body and mind to wind down. This might include a warm shower or bath, soft lighting, calming music, herbal tea (caffeine-free), gentle stretching, or deep breathing. Find what works best for you and stick with it.

6. Can't sleep? Get up and try again

If you're lying in bed for more than 20 minutes without falling asleep, it's okay to get up. Do something calming or mildly boring in low light – such as listening to quiet music, reading something soothing, or practicing slow breathing – until you feel sleepy again. Then return to bed and try again.

7. Avoid clock-watching

Checking the clock during the night can fuel stress and negative thinking: "It's so late, I'll never get back to sleep." Try turning the clock face away and instead shift your focus to calming strategies – such as deep breathing or a guided sleep meditation.

8. Make your bedroom a restful space

Think of your bedroom as your personal sanctuary. Aim for a cool, quiet, and dark environment with comfortable, warm bedding. Use blackout curtains, eye masks, or earplugs if needed to reduce light and noise – even small adjustments can make a big difference.

9. Move your body during the day

Regular daytime activity, even gentle movement like walking or stretching, supports better sleep at night. Just be mindful of strenuous exercise too close to bedtime, as it can leave you feeling too energized to sleep.

10. Nourish yourself wisely

A balanced diet helps support your energy and rest. Try not to go to bed too hungry – or too full – as both can interfere with sleep. Also, be aware of caffeine, alcohol, and heavy meals too close to bedtime.



Support



Education



Research



Awareness



Advocacy

Sleep Hygiene

Sleep plays a vital role in supporting your body and mind – especially when you're living with sometimes a chronic condition like NETs. It aids in recovery, supports memory and learning, and helps you face each day with more energy and resilience.

Building your own set of sleep strategies can make rest more achievable. Be kind to yourself through this process – progress may be gradual, but it is possible.

And remember: if sleep issues continue or worsen, talk to your healthcare team. You don't have to manage it alone.



Support



Education



Research



Awareness



Advocacy