

Life with cancer can bring sleep-hampering stress.  
Try these tools to doze off faster.

# 5 SECRET SLEEP TOOLS

## TO KEEP ON YOUR BED TABLE

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**KEEP THESE SLEEP-INDUCING TOOLS IN ARM'S REACH TO GET MORE ZZZ'S.**

### 1 EYE MASK



Wearing an eye mask leads to more deep, REM sleep, less arousal and higher levels of the sleep-promoting hormone melatonin, found researchers. (1)

### 2 EAR PLUGS



Blocking out noise with ear plugs has been found to help promote sleep. (2)

### 3 ESSENTIAL OILS



A few deep breaths of lavender or essential-oil blends while dozing off may help induce sleep, found researchers from the University of Minnesota. (3)

### 4 MILK & HONEY



A nightly routine of sipping warm, sweet milk can be as soothing as a warm blanket, say scientists. (4)

### 5 ZEN JOURNAL & PEN



Refill prescription? Schedule PT? Jot down, in a crisp, clean notebook, your "To Do Tomorrow" list. You may be able to sleep better once you feel prepared to tackle the day. (5)

→ For more tips, visit [MyProstateCancerRoadmap.com](http://MyProstateCancerRoadmap.com)

#### REFERENCES

[1] National Sleep Foundation. "Earplugs and Eye Masks Help Promote Sleep." <https://sleepfoundation.org/sleep-news/earplugs-and-eye-masks-help-promote-sleep>. Accessed April 2016.

[2] National Sleep Foundation. "Earplugs and Eye Masks Help Promote Sleep." <https://sleepfoundation.org/sleep-news/earplugs-and-eye-masks-help-promote-sleep>. Accessed April 2016.

[3] University of Minnesota: Health Talk. "Sleepless night? Try essential oils." <http://www.healthtalk.umn.edu/2014/05/06/sleepless-night-try-essential-oils/>. Accessed April 2016.

[4] The New York Times. "The Claim: A Glass of Warm Milk Will Help You Get to Sleep at Night." [http://www.nytimes.com/2007/09/04/health/04real.html?\\_r=3&amp;ex=1190088000&amp;en=0b4a9d49dc75fb0b&amp;ei=5070&amp;emc=eta1&oref=slogin&oref=slogin](http://www.nytimes.com/2007/09/04/health/04real.html?_r=3&amp;ex=1190088000&amp;en=0b4a9d49dc75fb0b&amp;ei=5070&amp;emc=eta1&oref=slogin&oref=slogin). Accessed April 2016.

[5] Mayo Clinic. "Healthy Lifestyle: Adult Health." <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379?pg=2>. Accessed April 2016.