

# Sleep Center



The M. D. Anderson Sleep Center strives to understand and mitigate the effects of cancer and cancer treatment on patients with disordered sleep and cancer-related fatigue.

The M. D. Anderson Sleep Center includes the:

- Multidisciplinary Sleep Clinic
- Four bedroom state-of-the-art Sleep Lab
- Clinical research program

According to the National Cancer Institute, sleep disorders may occur in people with cancer, and this may be caused by treatment, physical illness, pain, hospitalization and emotional stress. The six major categories of sleep disorders that interfere with normal sleep patterns include:

- Insomnia (the inability to fall asleep and stay asleep)
- Disorders of the sleep-wake cycle
- Disorders associated with sleep stages or partial waking
- Excessive sleepiness
- Sleep disordered breathing
- Sleep-related movement disorders

## ***Did you know?***

- Eighty percent of patients with cancer complain of poor sleep.
- Patients with sleep disorders are less likely to tolerate complicated treatment regimens.
- Better sleep may improve cancer treatment outcome.
- Treating sleep disorders, such as sleep apnea, has been shown to improve other medical diseases such as high blood pressure, heart disease, obesity and diabetes.

## ***Sleep Clinic Locations***

### ***Internal Medicine Center***

Mays Clinic

Floor 6, near Elevator U

713-563-7100

### ***Cardiopulmonary Center***

Main Building

Floor 8, near Elevator C

713-792-4017

## ***Sleep Lab Location***

Mays Clinic

Floor 8, near Elevator T

## ***Referrals***

To refer patients, please call the Sleep Center Business Center at 713-563-4400, or use Consults Online located on the Clinic Portal home page for patients with the following symptoms:

- Sleep apnea and snoring
- Restless legs syndrome
- Abnormal sleep activities
- Insomnia
- Excessive daytime sleepiness
- Behavioral sleep disorder