

# Insomnia Study Seeks Cancer Survivors

Upper Valley Medical Center

*Are you a cancer survivor who is experiencing sleep problems?*

*You may be interested in a new study being offered at the UVMC Cancer Care Center.*

The **URCC 14040 Treatment for Insomnia Study** is being provided through the Dayton Clinical Oncology Program and sponsored by the University of Rochester Cancer Center.

The purpose of the study is to compare the effectiveness of yoga, survivorship health education, and cognitive behavioral therapy for treating sleep problems in cancer survivors.

You may be eligible\* to participate if:

- You have a history of cancer,
- You underwent treatment – surgery, chemotherapy and/or radiation therapy, 2-24 months ago, and
- You are having moderate to severe sleep problems.

To volunteer and/or learn more about this study, please call:

Heather Penwell, BSN,RN, at **(937) 440-4822** or

The Dayton Clinical Oncology Program at **(937) 775-1350**.

\*Please note: Individuals who have a confirmed diagnosis of sleep apnea or restless leg syndrome, and those who have had prior yoga practice within three months of enrollment into the study are not eligible for the study.

**Cancer Research**  
Dayton Clinical Oncology Program



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