Purpose of Study

Sleep disturbance, particularly insomnia, are far more prevalent in cancer patients than in the general population. Recent studies suggest that acupuncture may have a beneficial effect on sleep problems.

The purpose of our study is to test the effectiveness of acupuncture in treating sleep disturbance among breast cancer survivors.

Contact Information

If you are interested in participating or finding out more about this study please contact:

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For information on other studies conducted by our Stanford research group, go online to:
http://stresshealthcenter.stanford.edu

This study is funded by the National Institutes of Health and is being conducted at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences.
Benefits of Participation

This study will contribute to our understanding of the role that sleep plays in the course of breast cancer. Your participation will provide us with valuable information that can improve the future care of breast cancer patients and survivors by helping us identify factors related to sleep disturbance and sleep management.

Who is Eligible

We are recruiting women with a diagnosis of primary or metastatic breast cancer who have finished with chemotherapy, radiation, and surgery. Participants must be proficient enough in English to fill out questionnaires and fulfill the required tasks. They must also be able to travel to Stanford University and vicinity for assessments and acupuncture treatments.

Description of Procedures

- Participate in 6 weeks of real or sham acupuncture (12 sessions) based on randomization.
- Complete questionnaires at 4 time points.
- Complete daily sleep diaries.
- Wear a watch-like device (Actiwatch 2) that measures sleep activity throughout the study.
- Provide a small amount of blood (3.5 tablespoons) at 3 time points.
- Collect saliva samples at home.

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