Purpose of Study
Sleep disturbance, particularly insomnia, is far more prevalent in cancer patients than in the general population.

Our study will examine the effectiveness of current treatments, such as Brief Behavioral Therapy for Insomnia, and Armodafinil (Nuvigil®), in preventing and reducing insomnia and fatigue in breast cancer patients.

*Armodafinil (Nuvigil®) is a wake-promoting agent that has been approved by the FDA to reduce daytime sleepiness.

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:

For general information about participants’ rights, contact 1-866-680-2906.
Researchers at Stanford Cancer Center are conducting a study funded by the National Cancer Institute to determine the most effective way to treat and prevent insomnia and fatigue in breast cancer patients. We are looking for women with breast cancer who have 6 weeks of chemotherapy remaining. They must be at least 21 years old and experience sleep difficulties. The participation in this study is completely voluntary.

The goal of this study is to examine the effectiveness of Armadafinil (Nuvigil®) and Brief Behavioral Therapy for Insomnia (BBT-I), separately and together in the treatment and prevention of insomnia and fatigue in breast cancer patients.

There is currently no standard treatment for insomnia and fatigue in cancer patients. This research can shed new light on effective treatments for women with breast cancer having sleep difficulties.

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**Description of Study Procedures**

- Wearing a watch-like device (Actiwatch) that measures activity level and sleep-wake cycle
- Collecting saliva samples at home that will measure cortisol level
- Blood draws that will measure inflammation (at the beginning and end of the study)
- Completing questionnaires and daily diaries
- Taking medication, either placebo or Armadafinil (Nuvigil®) for 6 weeks.
- Phone calls and face-to-face Brief Behavioral Therapy for Insomnia sessions (BBT-I) once a week for six weeks

**Benefits of Participation**

All tests and medications will be provided free of charge. In addition, you will receive a meal after each blood draw.

The most important benefit is helping us better understand the most effective way to treat insomnia and fatigue in breast cancer patients.

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