

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

×



Memorial Sloan Kettering
Cancer Center

[Make an Appointment](#)

[Back](#)

Identifying and Treating Common Sleep Disorders

[About Memorial Sloan Kettering Cancer Center & Treatment](#)

[Learn About Cancer & Treatment](#)

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Inclusion & belonging](#)

[Annual report](#)

[Give to MSK](#)

FOR THE MEDIA

disrupt sleep and cause mental and physical impairments. Treatments for these disorders include medications, exercise, and relaxation techniques. Light therapy may be used to help people with circadian rhythm disorders return to a normal sleep schedule.

© 2026 Memorial Sloan Kettering Cancer Center