

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

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# Identifying and Treating Common Sleep

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Disorders  
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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.

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