



3.1 Inclusion Criteria

Study participants must:

1. Be at least 18 years of age
2. Be diagnosed with Cancer (stage I, II, III, or IV) with a life expectancy of at least 12 months
3. Be currently receiving any cancer treatment (surgery alone is excluded)
4. Report sleep disturbance of 3 or greater on the sleep disturbance question: “Rate your sleep disturbance in the past 2 weeks on a scale from 0-10, 0 is no problems and 10 is having the most severe problems”
5. Have a score of 2, 1, or 0 on the ECOG performance status scale
6. Be able to speak, understand and read English to participate in the study assessments and interventions

3.2 Exclusion Criteria

Study participants must not:

1. Have a clinical diagnosis of Obstructive Sleep Apnea or Restless Leg Syndrome (even if controlled)
2. Be engaged in a formal Cognitive Behavioral Therapy for Insomnia program presently or in the past 30 days. Use of sleep medications are allowed