Sleep Modification

Do you have trouble falling asleep, staying asleep, feel drowsy or have no energy?

If you have any of the following signs or symptoms, you may have a sleep problem and should be evaluated:

- Excessive daytime sleepiness
- Trouble falling asleep or staying asleep
- Not feeling well rested
- Irritability
- Loud snoring
- Morning headaches
- Depression
- Forgetfulness
- Leg cramps
- Impotence
- Anxiety
- Difficulty with every day functions

Bernie White, APRN, CHTP, of the Hematology/Oncology Division, is now accepting patients for a new service — called Sleep Modification — that aims to improve sleep quality without the use of medications.

This new service focuses on techniques like deep breathing, muscle relaxation, music therapy, visualization, meditation, and positive thinking. Initial consultations include an hour-long session where an individualized plan is created for the patient. This service is conducted in the Oncology Clinic in Creighton University Medical Center, but is open to all people who suffer from a sleep disorder.

For more information or to schedule an appointment, call 402.280.4364.

Bernie White, APRN, CHTP

Creighton University Medical Center
Hematology/Oncology Division
601 North 30th Street, Suite 2565
Omaha, Nebraska 68131