- Long Term Health Guidelines
- Building a Family after Transplant
- Pay it Forward

- **CAR T-cell**
  - CAR T-cell Basics
  - Preparing for CAR T-cell therapy
  - CAR T-cell Recovery
  - Medical Centers offering CAR T-Cell Therapy
  - Join the CAR T-cell Therapy community

- **Find Treatment**
  - Transplant Centers
  - Medical Centers Offering CAR T-cell Therapy
  - Graft-versus-Host-Disease Directory
  - Mental Health Providers Directory

- **Get Help**
  - Talk to a Survivor or Family Caregiver
  - Volunteer for our Peer Support Program
  - Resource Directory
  - Mental Health Providers Directory

- **Stories**
  - Transplant Survivor - Surviving COVID-19
  - Sickle Cell: Khadijah's Story
  - Non-Hodgkin Lymphoma: Patricia's Story
  - Acute Lymphoblastic Leukemia (ALL): Nikki's Story
  - Hemophagocytic Lymphohistiocytosis (HLH): Mistha's Story
  - Acute Lymphoblastic Lymphoma + Ph: Danielâ€™s Story
  - Chronic Myelogenous Leukemia: Amanda's Story
  - Multiple Myeloma/Acute Myelogenous Leukemia: Jimâ€™s Story
  - Longest Living Transplant Survivor: Nancy's Story
  - Multiple Myeloma: Vicki and Randy's Story
  - Hodgkin Disease: Matt's Story
  - Leukemia (AML): Braulio's Story
  - Myelofibrosis: Barry and Hope's Story
  - Pediatric Transplant: Alicia's Story
  - Multiple Myeloma: Thomas' Story
  - Acute Myelogenous Leukemia (AML): Peter's Story

- **Video Library**

- **Events**
  - COVID-19: Precautions, Vaccines and Treatments for Transplant Recipients
  - Support Group for GVHD Patients - Monday
  - Support Group for GVHD Caregivers - Tuesday

- **Publications and Products**
  - **Books**
    - Autologous Stem Cell Transplants: A Handbook for Patients
    - Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients
    - Graft-versus-Host Disease What to Know, What to Do
    - CAR T-Cell Therapy: What to Expect Before, During and After
    - Trasplantes AutÃ³logos de CÃ©lulas Madre: Un Manual para Pacientes
    - Trasplantes de MÃ©dula Ãsea y de CÃ©lulas Madre SanguÃ­neas: Una GuÃ­a Para Pacientes y sus Seres Queridos
    - Enfermedad Injerto contra HuÃ©sped: QuÃ© necesita saber, QuÃ© necesitarÃ¡ hacer.
    - Terapia de CÃ©lulas CAR T: QuÃ© Esperar Antes, Durante y Despues
    - BMT InfoNet's Resource Directory
  - **Brochures**
    - BMTInfoNet Introductory Brochure
    - Living with GVHD
    - Helpful Hints for Caregivers
    - Caring Connections Program
    - Eating Well, Living Well after Transplant
    - Living Well After Transplant
    - Recursos en Espanol para Pacientes (Resources in Spanish from BMT InfoNet for Transplant Patients)
    - ComerBien y Vivir Bien Despues Transplante (Eating Well, Living Well after Transplant)
    - Tarjeta Consejos Utiles para los Cuidadores (Helpful Hints for Caregivers)
  - **T-Shirts**
    - Strength T-Shirt
- Chemo Brain T-shirt
- Stop GVHD T-Shirt
- Transplant: The Ultimate Makeover T-shirt (pink with white)
- Transplant: The Ultimate Makeover T-shirt (navy with green)
- Transplant: The Ultimate Makeover T-shirt (navy with white)

- Gift Items
  - Vintage Enamel Pendant - Red and Blue
  - Vintage Enamel Pendant - White
  - Vintage Enamel Pendant - Blue
  - Gift of Life Necklaces (White Only)
  - Turquoise Necklace
  - Just Marrowed Cap
  - Celebrating Life 2021 Calendar

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**Transplant Basics**
- What is a Blood Stem Cell Transplant?
- Diseases Treated by Transplant
- Preparing for Transplant
  - Choosing a Transplant Center
  - Pre-Transplant Tests
  - How Bone Marrow and Stem Cells are Collected
  - Finding a Donor
  - Being a Related Donor
  - Being an Unrelated Donor
    - Donating Umbilical Cord Blood
  - Emotional Challenges
  - Preparing Family and Friends
  - Insurance and Financial Issues
  - Protect Your Fertility
  - Preparing For Your Child's Transplant
- Role of the Family Caregiver
- The Transplant and Early Recovery Period
  - Conditioning or Preparative Regimen
  - Day of Transplant
  - Early Recovery Period
- Returning Home
  - Preparing a Safe Home
  - Preventing Infection
  - Nutrition after Transplant
  - Emotional Challenges After Transplant
  - Employment and Financial Health
  - Helping Children Cope
- Graft-versus-Host-Disease (GvHD)
  - Acute Graft-versus-Host Disease (aGVHD)
  - Chronic Graft-versus-Host Disease (cGVHD)
  - Skin GvHD
  - Eyes and GVHD (Ocular GVHD)
  - Mouth and GVHD (Oral GVHD)
Chronic Fatigue and Sleep Problems

Chronic fatigue and sleep problems are common after transplant. You may need to adjust your activities and lifestyle for awhile.

You are here

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- Chronic Fatigue and Sleep Problems

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