Pay it Forward

CAR T
- What is CAR T Therapy?
- Medical Centers Offering CAR T Therapy

Transplant Centers
- Transplant Centers

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

Stories
- Acute Myelogenous Leukemia (AML): Peter'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: Daniel's Story
- Chronic Myelogenous Leukemia: Amanda's Story
- Multiple Myeloma/Acute Myelogenous Leukemia: Jim'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

Video Learning Library

Events
- 2020 New Options Coming Soon! For Celebrating a Second Chance at Life Survivorship
  - Agenda for Saturday
  - Agenda for Sunday
  - Registration/Fee
  - Meet Our Distinguished Faculty
  - Symposium Sponsors
  - Become Symposium Exhibitor

Coronavirus: What Transplant Recipients Need to Know

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
  - Transplantes Autólogos de Células Madre: Un Manual para Pacientes
  - Trasplantes de Médula Ósea y de Células Madre Sanguíneas: Una Guía para Pacientes y sus Seres Queridos
  - Enfermedad Injerto contra Huésped: Qué necesita saber. Qué necesita hacer.

- Brochures
  - BMT InfoNet's Resource Directory
  - BMTInfoNet Introductory Brochure
  - Helpful Hints for Caregivers
  - Caring Connections Program
  - Eating Well, Living Well after Transplant
  - Living Well After Transplant
  - Spanish Resources for Patients from BMT InfoNet
  - Spanish Version: Eating Well, Living Well Brochure
  - Spanish version: Helpful Hints for Caregiver

- 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
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)
  - Lungs and GVHD
  - Liver, Gastrointestinal Tract and GVHD
  - Genitals and GVHD
  - Nervous System and Muscles GVHD
  - Infection and GVHD
  - Side Effects of GVHD Treatment
  - Clinical Trials/New Treatments for GVHD
  - Coping with the Stress of GVHD
- Late Complications
  - Learning and Memory Problems
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

- Home
  - Chronic Fatigue and Sleep Problems

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