


- [About Us](#)
- [Subscribe](#)
- [Donate](#)
- [Español](#)
- [More](#)
- 
  
- [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](#)
    - [Mouth and GVHD \(Oral GVHD\)](#)
    - [Eyes and GVHD \(Ocular GVHD\)](#)
    - [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](#)
    - [Sexual Health after Transplant](#)
    - [Peripheral Neuropathy](#)
    - [Late Effects on Organs and Tissues](#)
    - [Secondary Cancer](#)
    - [Late Effects of a Pediatric Transplant](#)
    - [Relapse](#)
  - [Life after Transplant](#)
    - [Long Term Health Guidelines](#)
    - [Building a Family after Transplant](#)

- [Pay it Forward](#)
- [CAR T-cell](#)
  - [What is CAR T-cell Therapy?](#)
  - [Medical Centers Offering CAR T-cell Therapy](#)
  - [Join the CAR T-cell Therapy community](#)
- [Transplant Centers](#)
  - [Transplant Centers](#)
- [Get Help](#)
  - [COVID-19 and Transplant](#)
  - [Tips for Managing Anxiety in a Crisis](#)
  - [Talk to a Survivor or Family Caregiver](#)
  - [Volunteer for our Peer Support Program](#)
  - [Resource Directory](#)
  - [Stories](#)
    - [Transplant Survivor - Surviving COVID-19](#)
    - [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](#)
    - [Acute Myelogenous Leukemia \(AML\): Peter's Story](#)
    - [Hodgkin Disease: Jacqueline's Story](#)
- [Video Learning Library](#)
- [Events](#)
  - [2020-Online Celebrating second chance Symposium](#)
    - [Agenda 2020 Celebrating a Second Chance at Life Survivorship Symposium](#)
    - [Sponsors](#)
  - [GVHD Telephone Support Group for Caregivers](#)
  - [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](#)
    - [CAR T-Cell Therapy: What to Expect Before, During and After](#)
    - [Trasplantes 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](#)
- [Vintage Enamel Pendant - Blue](#)
- [Gift of Life Necklaces \(White Only\)](#)
- [Turquoise Necklace](#)
- [Just Marrowed Cap](#)
- [Celebrating Life 2020 Calendar](#)



## Search form

Search

Search

**BMT** *in*fonet.org

- 
- 
- 

- [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](#)
    - [Sexual Health after Transplant](#)
    - [Peripheral Neuropathy](#)
    - [Late Effects on Organs and Tissues](#)
    - [Secondary Cancer](#)
    - [Late Effects of a Pediatric Transplant](#)
    - [Relapse](#)
  - [Life after Transplant](#)
    - [Long Term Health Guidelines](#)
    - [Building a Family after Transplant](#)
    - [Pay it Forward](#)
- [CAR T-cell](#)
  - [What is CAR T-cell Therapy?](#)
  - [Medical Centers Offering CAR T-cell Therapy](#)
  - [Join the CAR T-cell Therapy community](#)
- [Transplant Centers](#)
  - [Transplant Centers](#)
- [Get Help](#)
  - [COVID-19 and Transplant](#)
  - [Tips for Managing Anxiety in a Crisis](#)
  - [Talk to a Survivor or Family Caregiver](#)
  - [Volunteer for our Peer Support Program](#)
  - [Resource Directory](#)
  - [Stories](#)
    - [Transplant Survivor - Surviving COVID-19](#)
    - [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](#)
    - [Acute Myelogenous Leukemia \(AML\): Peter's Story](#)
    - [Hodgkin Disease: Jacqueline's Story](#)
- [Video Learning Library](#)
- [Events](#)
  - [2020-Online Celebrating second chance Symposium](#)
    - [Agenda 2020 Celebrating a Second Chance at Life Survivorship Symposium](#)
    - [Sponsors](#)
  - [GVHD Telephone Support Group for Caregivers](#)
  - [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](#)
    - [CAR T-Cell Therapy: What to Expect Before, During and After](#)
    - [Trasplantes Autólogos de Células Madre: Un Manual para Pacientes](#)
    - [Enfermedad Injerto contra Huésped: ¿Qué necesita saber. ¿Qué necesita hacer.](#)
    - [Trasplantes de Médula “sea y de Células Madre Sanguíneas: Una Guía Para Pacientes y sus Seres Queridos](#)
  - [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](#)
  - [Vintage Enamel Pendant - Blue](#)
  - [Gift of Life Necklaces \(White Only\)](#)
  - [Turquoise Necklace](#)
  - [Just Marrowed Cap](#)
  - [Celebrating Life 2020 Calendar](#)

## Search form


Search

## 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](#)

Share this page 

Share This Page

- 
- 
- 
- 
- 

---

© 2020 BMT Infonet All rights reserved.