Transplant Basics
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- 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
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: Daniela’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

National Celebrating a Second Chance at Life Survivorship Symposium
Agenda for Saturday
Agenda for Sunday
Registration/Fee
Meet Our Distinguished Faculty
Symposium Sponsors
Lodging for Symposium
Become Symposium Exhibitor
Support for Caregivers of GVHD patients

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
Trasplantes Autólogos de Células Madre: Un Manual para Pacientes
Trasplantes de Médula Ósea y de Células Madre: 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

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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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