

# Exercise reduces sleep problems in breast cancer survivors

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(HealthDay)—A physical activity intervention reduces perceived sleep

dysfunction at three and six months for post-primary treatment breast cancer survivors, according to a study published recently in *Medicine & Science in Sports & Exercise*.

Laura Q. Rogers, M.D., M.P.H., from the University of Alabama at Birmingham, and colleagues examined the effects of a physical activity behavior change intervention on sleep quality in a sample of 222 post-primary treatment [breast cancer survivors](#). The survivors were randomized to a three-month physical activity behavior change intervention (Better Exercise Adherence after Treatment for Cancer [BEAT Cancer]) or usual care.

The researchers found that BEAT Cancer significantly improved Pittsburgh Sleep Quality Index [PSQI] global sleep quality compared with usual care after adjustment for covariates at three and six months (mean between-group difference,  $-1.4$  and  $-1.0$ , respectively). At three months, but not at six months, BEAT Cancer improved several PSQI subscales (sleep quality, sleep disturbances, and daytime dysfunction; mean between-group difference,  $-0.3$ ,  $-0.2$ , and  $-0.2$ , respectively). There was a nonsignificant increase in the percentage of participants classified as good sleepers. Accelerometer latency and efficiency did not differ significantly between the groups.

"A [physical activity](#) intervention significantly reduced perceived global sleep dysfunction at three and six months, primarily because of improvements in [sleep quality](#) aspects not detected with accelerometer," the authors write.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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