

Sleep is a 24-Hour Phenomenon - Fiona Barwick, PhD, DBSM

Bernatchez, M. S., Savard, J., Aubin, M., & Ivers, H. (2020). Correlates of disrupted sleep-wake variables in patients with advanced cancer. *BMJ supportive & palliative care*, 10(1), 55–63.

<https://doi.org/10.1136/bmjspcare-2018-001505>

Capezuti, E., Zadeh, R. S., Brigham, M. A., Dias, B. A., Kim, B. C., Lengetti, E., Erikson, B., Swezey, N., & Krieger, A. C. (2022). Development and palliative care staff reactions to a sleep regulation educational intervention. *BMC palliative care*, 21(1), 12.

<https://doi.org/10.1186/s12904-022-00902-x>

Currow, D. C., Davis, W., Connolly, A., Krishnan, A., Wong, A., Webster, A., Barnes-Harris, M. M., Daveson, B., & Ekström, M. (2021). Sleeping-related distress in a palliative care population: A national, prospective, consecutive cohort. *Palliative medicine*, 35(9), 1663–1670.

<https://doi.org/10.1177/0269216321998558>

Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., Hazen, N., Herman, J., Katz, E. S., Kheirandish-Gozal, L., Neubauer, D. N., O'Donnell, A. E., Ohayon, M., Peever, J., Rawding, R., Sachdeva, R. C., Setters, B., Vitiello, M. V., Ware, J. C., & Adams Hillard, P. J. (2015). National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep health*, 1(1), 40–43. <https://doi.org/10.1016/j.slehd.2014.12.010>

Jeon, M. S., Allcroft, P., Brown, L. R., Currow, D., Kochovska, S., Krishnan, A., Webster, A., & Campbell, R. (2024). Assessment and Management of Sleep Disturbance in Palliative Care Settings. *Journal of palliative medicine*, 27(7), 905–911. <https://doi.org/10.1089/jpm.2023.0537>

Kalmbach, D. A., Schneider, L. D., Cheung, J., Bertrand, S. J., Kariharan, T., Pack, A. I., & Gehrman, P. R. (2017). Genetic Basis of Chronotype in Humans: Insights From Three Landmark GWAS. *Sleep*, 40(2), zsw048. <https://doi.org/10.1093/sleep/zsw048>

Kocevska, D., Barclay, N. L., Bramer, W. M., Gehrman, P. R., & Van Someren, E. J. W. (2021). Heritability of sleep duration and quality: A systematic review and meta-analysis. *Sleep medicine reviews*, 59, 101448. <https://doi.org/10.1016/j.smrv.2021.101448>

Sagha Zadeh, R., Capezuti, E., Eshelman, P., Woody, N., Tiffany, J., & Krieger, A. C. (2018). Non-pharmacological solutions to sleep and circadian rhythm disruption: voiced bedside experiences of hospice and end-of-life staff caregivers. *BMC palliative care*, 17(1), 131. <https://doi.org/10.1186/s12904-018-0385-2>