

Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



Jessica Payne-Murphy, PhD

Jessica Payne-Murphy, PhD, is the director of the insomnia and behavioral sleep medicine program for the department of clinical and health psychology at the University of Florida College of Public Health and Health Professions. She completed her postdoctoral fellowship and internship in clinical health psychology at UF. She received her doctorate in clinical health psychology at the University of Colorado in Denver. Her prior work experience includes neuropsychological assessment for older adults with mild cognitive impairment and dementias and working with patients with chronic pain, mood disorders and somatic symptom disorder.

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Enhancing Sleep: Evidence-based Approaches for Individuals with Cancer

Monday, October 25, 2021

1:30 to 2:30 p.m.

Free class series

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Sleep difficulties are a common problem experienced by cancer patients. Join us for a presentation discussing cognitive behavioral therapy for insomnia, or CBT-I, the first line of treatment for people with insomnia. During this one-hour class, we will detail strategies for promoting improved sleep quality and hygiene.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY. Visit UFHealth.org/cancer-educational-wellness-series for more information and to join the class via Zoom.



Palliative Care

For more information, please contact Chris Morgan at 352.733.1233 or email at christopher.morgan@medicine.ufl.edu.