



TIPS

for Taking Sleeping Pills for Insomnia

In response to the recent FDA labeling change for sleeping pills containing zolpidem, the American Academy of Sleep Medicine has issued the following safety tips for patients taking sleeping pills:

- ❑ Never take a sleeping pill without first getting approval from your doctor.
- ❑ Make sure your doctor is aware of any other medications that you already take.
- ❑ Notify your doctor if you have any other medical problems such as high blood pressure or liver problems.
- ❑ Carefully read the package insert that comes with your medication.
- ❑ Follow your prescription. Do not take more than the dosage that your doctor prescribes.
- ❑ Never drink alcohol near the time when you take a sleeping pill.
- ❑ Only take a sleeping pill when you will have enough time to get a full night of sleep (seven to eight hours).
- ❑ Try to take the first dose on a night when you don't have to go anywhere the next morning.
- ❑ Never drive a motor vehicle after taking a sleeping pill.
- ❑ Contact your doctor or pharmacist right away if you have any problems while taking a sleep medication.
- ❑ Contact a local sleep center to get help for insomnia or another sleep illness.

This page is part of an ongoing series of practical tips for patients with neurologic disorders. If you have compiled clinically relevant tips that you wish to share, please contact the editor at info@neurologyreviews.com.

Tips for Patients are available for download at www.neurologyreviews.com.