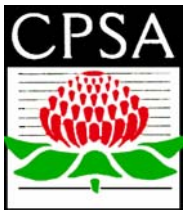


GETTING A GOOD NIGHT'S SLEEP

As you get older you need less sleep. However, here are some tips to help you sleep:

- Get into a routine and always do the same thing before you go to sleep.
- Don't have a daytime nap and be as active as possible during the day.
- Ask your doctor or pharmacist if any medicines you are taking could be affecting your sleep. Some examples are: Inderal, Betaloc, Sotacor, Dilatrend, Catapres, Efexor, Prozac, Aropax, Zoloft, Aurorix, Theo-dur, Indocid, Serepax, some cold or flu medicines (which contain pseudo-ephedrine).
- Avoid eating anything heavy and spicy at night, but don't go to bed hungry.
- A glass of warm milk before you go to bed is good. Tea, coffee, cocoa, coca-cola and cigarettes can stop you from getting to sleep.
- Exercise during the day, but not just before going to bed.
- Make your bedroom as comfortable as possible, reduce light and noise. Try to have fresh air circulating.
- Keep your feet warm in bed. It is important to ensure your mattress and pillow are as comfortable as possible.
- Nervousness, anxiety or worries about family and money disturb sleep. Talk to your doctor about getting help or ask about sleep clinics.
- To help you relax listen to some calming music, which you can hire at your local library) this will also help to cover any background noise.



Health Promotion Service for Older People

C/-CPSA, Level 9, 28 Foveaux Street, Surry Hills, NSW 2010
Phone: 02 9281 3588, Country callers: 1800 451 488, Fax: 02 9211 8700
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ABN: 11 244 559 772

SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH

Funded by: South Eastern Sydney Illawarra Area Health Service
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Updated October 2007

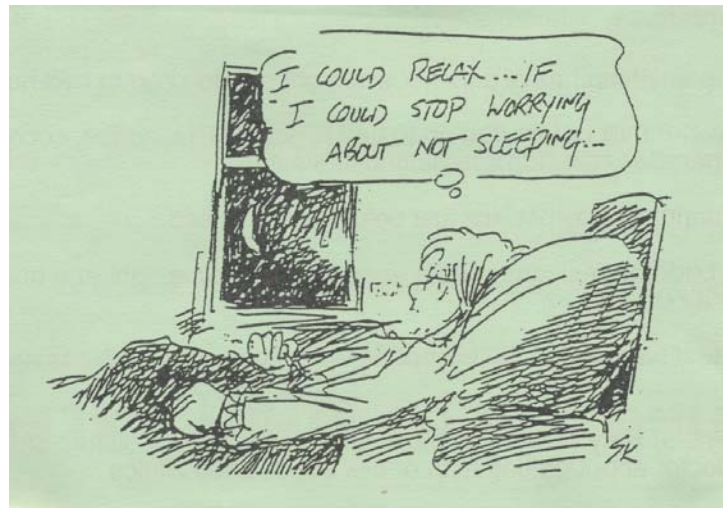
Sleeping Pills

An occasional sleeping pill in a crisis or during an illness can be helpful, but sleeping pills can cause problems. Think carefully before you start taking sleeping tablets and discuss it with your doctor because they can lead to addiction. If you do use them, ask your doctor or pharmacist about gradually reducing them. Don't suddenly stop taking them. You can request tablets instead of capsules as they can be easily cut in half if you wish to reduce the dose.

Side effects of long term use include:

- Loss of balance
- Memory problems
- Difficulty thinking clearly
- Incontinence
- Changes in feelings and emotions
- Personality changes

If you need further help, ask your doctor or the Alcohol and Drug Information Service (ADIS), who offer a 24 hour confidential information service. Phone (02) 9361 8000 or, from country areas, free call 1800 422 599.



Acknowledgement:
Cartoon from "Sleeping Pills & You" by Tranx Vic Health 1991



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