

DID YOU KNOW?

Your medication is in a family of drugs that bind to the receptors in the brain that cause sedation. Sedative-hypnotic drugs can be highly addictive and can cause many side effects. Except in special circumstances, these medications should never be taken.

These drugs remain longer and longer in your body as you age. This means that they can stay for up to several days and could be making you tired, weak, impair your balance, and reduce your other senses.

Sedative-hypnotic drugs can also be associated with hip fractures, memory problems, and involuntary urine loss. Their sedative properties can cause you to be drowsy during the day which can lead to car accidents and sleep walking. Even if you are not experiencing these symptoms, be sure to speak to your doctor or pharmacist so that you do not develop them in the future. Alternate therapies are available to relieve your anxiety or improve your sleep with fewer side effects on your quality of life.

Please Consult your Doctor or
Pharmacist
Before Stopping Any Medication.

SO ASK YOURSELF...yes or no?

- ... have you been taking this sedative-hypnotic drug for a while?
- ... are you tired and often groggy during the day?
- ... do you ever feel hungover in the morning, even though you have not been drinking?
- ... do you ever have problems with your memory or your balance?

AS YOU AGE

Age-related changes take place in your body and modify the way you process medications. Your chances of taking more than one medication increase as you age, as well as the possibility of a history of illness. Drugs stay in your body longer and diminished liver function and poor blood flow to your kidneys may increase side effects.

Unfortunately this is important information that is often not passed on to patients who are taking this drug. Please consult your physician or pharmacist to discuss this further. Alternative therapies could relieve your anxiety or improve your sleep with less side effects on your quality of life.



ALTERNATIVES

If you are taking this sedative-hypnotic drug to help you sleep:

There are lifestyle changes that can help.

- Do not read or watch TV in bed. Do so in a chair or on your couch.
- Try to get up in the morning and go to bed at night at the same time every day.
- Before going to bed, practice deep breathing or relaxation exercises.
- Get exercise during the day, but not during the last three hours before you go to bed.
- Avoid consuming nicotine, caffeine and alcohol as they are stimulants and might keep you awake.
- Ask your doctor for the use of a sleep diary, which can help you understand disruptive sleep patterns.

If you are taking this sedative-hypnotic drug to help reduce your anxiety:

There are other solutions to deal with your stress and anxiety.

- Talking to a therapist is a good way to help you work out stressful situations and talk about what makes you anxious.
- Support groups help to relieve your stress and make you feel you are not alone.
- Try relaxation techniques like stretching, yoga, massage, meditation or tai chi that can help relieve you of everyday stress and help you work through your anxiety.
- Talk to your doctor about other anti-anxiety medications that have less serious side effects.