Do you have trouble sleeping?

THINKING ABOUT SLEEP MEDICINES?

Talk to your doctor or pharmacist first if you want to take an over-the-counter medicine to help you sleep. An over-the-counter medicine like Benadryl (diphenhydramine) can have harmful side effects. These include weakness, blood pressure changes, confusion, dry mouth and problems emptying your bladder.

Use caution with prescription sleep medicines like zolpidem (Ambien), zaleplon (Sonata) and eszopiclone (Lunesta).

You shouldn't use these medicines for long periods of time. They haven't been shown to be safe or work well for long-term use.

To avoid dependence and reduce side effects of prescription sleep medicines like zolpidem (Ambien), don't take more than the recommended dose.

Talk to your doctor or pharmacist if you take any of the above medicines and experience any of the following:

- Memory loss
- Next-day sleepiness
- Reduced ability to drive
- Loss of coordination
- Falls or broken bones

These medicines can make it harder to sleep. They include:

- Blood pressure drugs: doxazosin (Cardura) or metoprolol (Lopressor)
- Steroids: methylprednisolone (Medrol) or prednisone
- Antidepressants: fluoxetine (Prozac) or sertraline (Zoloft)
- Cholesterol drugs: atorvastatin (Lipitor) or simvastatin (Zocor)
- Allergy drugs: fexofenadine (Allegra), loratadine (Claritin) or cetirizine (Zyrtec)
- Asthma drugs: albuterol (Ventolin) or theophylline
- Stimulants: methylphenidate (Ritalin) or dextroamphetamine and amphetamine (Adderall)
- Decongestants: pseudoephedrine (Sudafed) or phenylephrine (Sudafed PE)
- Pain relievers: oxycodone (OxyContin) and products containing caffeine (i.e., Excedrin extra-strength)
- “Water pills” (diuretics): furosemide (Lasix)

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References


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参考资料


Humana.
WELL-BEING STARTS WITH GOOD SLEEP

Good sleep is important for good health. Sleeping well at night keeps you alert during the day, helps you learn and remember things, and can help keep you from getting sick.

When you don’t sleep well, your body gets stressed. Even worse, long-term sleep loss can increase your risk of serious diseases like cancer, diabetes, heart disease, obesity and stroke.1

HOW GOOD IS YOUR SLEEP?

Check your response

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you sleep at least seven hours each night?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the quality of your sleep “good” or better?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you fall asleep within 20 minutes of going to bed?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Do you stay asleep all night?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Do you sleep late enough in the morning?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Do you feel refreshed and rested in the morning?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Do you feel rested during the day and not sleepy?</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

ASSESS YOUR DISEASES

If you answered “no” to most of these questions, you may have health problems keeping you up at night. Talk to your doctor about the steps you can take for better sleep.

TALK TO YOUR DOCTOR

You should talk to your doctor if you have any of the following:

**Symptoms**
- Can’t fall asleep or don’t sleep well
- Snoring or trouble breathing during the night

**Possible causes**
- Restless leg syndrome, muscle spasms or nerve damage (neuropathy), poor circulation or dehydration, medicine side effects
- Stress, worry or depression
- Obstructive sleep apnea (OSA)

SIGNS YOU’RE NOT GETTING ENOUGH SLEEP

- Confusion
- Daytime sleepiness
- Depression
- Irritability
- Memory problems
- Poor concentration

**Possible causes**
- Blood pressure
- Cholesterol
- Diabetes
- Physical exam
- Sleep study

ASK YOUR DOCTOR ABOUT HEALTH SCREENINGS

If you aren’t currently being treated for conditions that could make it hard to sleep—such as high blood pressure, diabetes, chronic pain, asthma, allergies, breathing problems or heartburn—ask your doctor about the right screenings now. If conditions are found early, many of them can be treated more easily, and the treatments are more likely to work. Your doctor may recommend one or more of the following tests:

- Blood pressure
- Cholesterol
- Diabetes
- Physical exam
- Sleep study

TIPS FOR BETTER SLEEP

- Keep the temperature in your bedroom between 54–75 degrees.
- Don’t view electronics with a lighted screen like TV an hour before bedtime. Read a relaxing book instead.
- Get darker draperies, or consider wearing soft eyeshades.
- Choose a comfortable mattress and use your bed only for sleep. Keep your pillow clean to reduce allergy-causing dust and spores.
- Wind down by reading in low light, stretching or doing something else relaxing like yoga.
- Make a sleep routine. Go to bed and wake up at the same time each day.
- Make a to-do list for the next day. That way you won’t worry about forgetting something.
- Relax your body one muscle group at a time.
- Take a warm bath.
- Avoid drinking—especially alcohol and caffeine—at least four to six hours before bedtime.1
- Avoid naps.
- Ask your pharmacist or doctor about sleep supplements like melatonin.
- Exercise regularly but not right before bedtime. If you’re overweight, weight loss may help you sleep better.
- Reduce noise with earplugs, soft music or white noise.
- Avoid spicy foods, chocolate and large meals before bedtime.
- Stop smoking or using any form of nicotine.

Smart steps for better sleep