

Tips for Better Sleep

- Exercise. Physical activity helps you sleep better. But avoid vigorous activity for several hours before bedtime.
- Keep a routine. Try to go to bed and wake up at about the same time every day.
- Try not to eat right before bedtime. Eat three hours or more before going to bed.
- Avoid caffeine after 3 p.m. Some people need to avoid caffeine even earlier.
- Limit alcohol. Alcohol causes sleepiness at first, followed by wakefulness.



Sleeping Pills



OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a voice and a choice with dignity, respect and empathy.

WHAT ARE SLEEPING PILLS?

Sleeping pills are drugs called “sedative-hypnotics” or “tranquilizers.” They affect the brain and spinal cord. Doctors prescribe the drugs for sleep problems. These drugs are also used to treat other conditions, such as anxiety or alcohol withdrawal.

DO SLEEPING PILLS WORK?

Many ads say that sleeping pills help people get a full, restful night's sleep. But studies show that this is not exactly true in real life. On average, people who take one of these drugs sleep only a little longer and better than those who don't take a drug.

SLEEPING PILLS CAN HAVE SERIOUS, OR EVEN DEADLY SIDE EFFECTS:

All sedative-hypnotic drugs have special risks for older adults. Seniors are likely to be more sensitive to the drugs' effects than younger adults, and these drugs may stay in their bodies longer. This means it could be making you feel tired and weak and can cause confusion and memory problems as well as changes in balance that more than double the risk of falls and hip fractures. These are common causes of hospitalization and death in older people.

OLDER ADULTS SHOULD TRY NON-DRUG TREATMENTS FIRST

There are safer and better ways to improve sleep or reduce anxiety. Here's why:

- Sleeping pills may not help much
- Sleeping pills are usually not the best solution
- Try non-drug treatments first

TALK WITH YOUR DOCTOR

Get a thorough medical exam from your doctor before using sleeping pills. Sleep problems can be caused by depression or anxiety, pain, restless leg syndrome, and many other conditions. Even if an exam does not turn up an underlying cause, you should try other solutions before you try drugs (tips for better sleep are found below).



Reviewed by a group of Park Place Family Representatives

