

What is Insomnia?

Sleep disturbance that interferes with the ability to sleep, which may reduce daytime function.

What are the Different Types of Insomnia?

- Difficulty falling asleep
- Difficulty remaining asleep
- Non-restorative sleep

Factors That Can Cause Insomnia

- Gender (*1.5 times more common in females*)
- Advanced age
- Anxiety
- Stress
- Depressive disorders
- Restless legs syndrome
- Sleep apnea
- Pain disorders
- Chronic diseases (*COPD, diabetes, arthritis*)
- Caffeine
- Alcohol
- Smoking
- Irregular sleep schedules
- Poor sleep environment (*bright, noisy*)
- Watching TV, eating, or working in bed
- Medications (*decongestants*)



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MedPaks Division

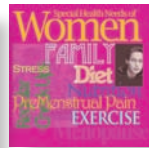
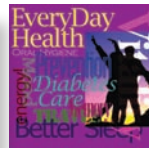
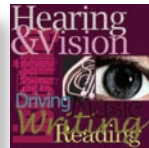
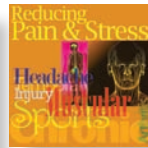
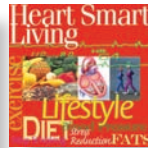
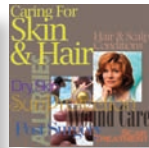
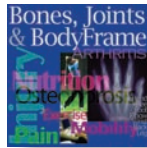
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**Facts About
Insomnia**
("sleeplessness")



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Non-Drug Management

This involves changing behaviors and factors in the environment to improve sleep. These measures have been proven to be effective in the long-term management of insomnia.

Before bedtime, avoid...

- drinking alcohol or caffeine.
- eating large meals.
- smoking.
- exercising less than 3 hours prior.
- eating, drinking, working, smoking or watching tv in your bed.

Other tips to help you sleep:

- Relax prior to falling asleep.
- Develop a regular pre-sleep routine and stick with it.
- Try to go to sleep every night and wake up every morning around the same times, even on weekends.
- Reduce noise and light in the bedroom. if you are unable to fall asleep, get up and do something to help you relax such as taking a bath or reading.
- Only go to bed when you are tired.
- Avoid daytime napping.

Drug Therapy

Drug therapy involves the use of medications to promote sleep. Most of the medications used are not indicated for long-term use. The medications may help to reduce the time to fall asleep, increase the duration of sleep, and/or decrease the number of awakenings.

Non-Prescription Medications

Consult your pharmacist before using these medications

Diphenhydramine (Benadryl)

This is an antihistamine which causes sedation.

Side effects:

- Daytime tiredness
- Dizziness
- Dry mouth
- Dry eyes
- Confusion
- Urinary retention

Melatonin

This is a hormone produced in the body.

Side effects:

- Nausea
- Dizziness
- Drowsiness

Prescription Medications

Benzodiazepines

These medications decrease the number of awakenings and the time it takes to fall asleep. They also increase sleep duration.

Side effects:

- Daytime sedation
- Psychomotor and cognitive impairment
- Increased incidence of falls in the elderly
- Rebound insomnia is often associated with withdrawal of these medications
- May lose their sleep-induction efficacy if used for long periods of time

Non-Benzodiazepine Receptor Agonists

Examples:

- Zolpidem (Ambien)
- Zaleplon (Sonata)
- Eszopiclone (Lunesta)

Zolpidem and zaleplon are indicated for short-term use. Eszopiclone is approved for use for up to 6 months.

Side effects:

- Drowsiness
- Dizziness
- Headaches
- Cognitive impairment and rebound insomnia are less frequent with these medications than with benzodiazepines

Melatonin Receptor Agonists

Example:

- Ramelteon (Rozerem)

It works by shifting the balance in favor of promoting sleep. Ramelteon is more specific for certain receptors than melatonin, and therefore is associated with fewer side effects.

Side effects:

- Dizziness
- Fatigue
- Nausea

Sedating Antidepressants

Examples:

- Amitriptyline
- Nortriptyline
- Doxepin
- Trazodone

They are medications which are often used to treat depression that were discovered to cause tiredness

Side effects:

- Weight gain
- Constipation
- Dizziness
- Headache