



Put insomnia to bed

Sleeping problems are common and can be caused by a variety of different factors. The medical term for sleep disturbances is insomnia and includes difficulty in getting to sleep, difficulty in staying asleep and not feeling refreshed in the morning. There are some simple things that you can do which may help – this is called sleep hygiene.

Sleep hygiene

For people with insomnia, the first step in improving sleep is putting into practice some simple sleep hygiene measures, or lifestyle and environmental changes that may help you sleep. Some examples are:

- Improve your sleep environment, for example by ensuring that the bed is comfortable and the bedroom warm, quiet and dark.
- Go to bed and wake up at the same time each day, even after a poor night's sleep.
- Do not stay in bed if you are awake for more than 20 minutes; go to another room and do something relaxing.
- Be as active as possible during the day and spend time outdoors if possible.
- Avoid taking naps during the day, otherwise if you do nap, keep it to 20 minutes before 3pm.
- Try to wind down before attempting to go to sleep e.g. reading a book or magazine. Avoid playing computer games or working immediately before going to bed.
- Do not discuss or analyse problems in bed.
- Avoid smoking and drinking alcohol, especially in the evening.
- Try to lose weight if you are overweight.
- Exercise for at least 30 minutes every day (but at least three hours before bedtime).
- Reduce caffeine intake during the day and avoid caffeine-containing drinks such as tea, coffee, cola and energy drinks after midday.
- Avoid heavy meals or strenuous exercise in the evening.

If these interventions don't work, there are a range of psychological treatments and medications which effectively treat insomnia.

Melatonin containing insomnia medication can help improve sleep quantity and quality.

Melatonin is a natural hormone that controls the circadian rhythm (your built-in 24-hour clock), regulating the time you go to sleep and wake up in the morning. Natural melatonin levels usually rise as it gets dark, causing you to feel sleepy. Low levels of melatonin produced by your body can lead to difficulty falling asleep, and poor sleep quality may mean you wake up feeling unrefreshed.

Your doctor has discussed with you various options to treat your insomnia and has suggested you try Circadin (prolonged release melatonin). The melatonin contained in Circadin tablets is released slowly over the course of the night, mimicking the body's natural release of melatonin. It acts to supplement the amount of melatonin your body produces naturally.

Directions for Use

- Circadin® should be taken after food, 1-2 hours before bedtime.
- Swallow the tablet whole – do not crush, chew or divide it.
- Circadin® does not have an immediate effect – you should just feel a natural sleepiness and desire to go to bed between 1-2 hours after taking it.
- Avoid drinking alcohol if you are taking Circadin® as the presence of alcohol in the stomach may affect the prolonged release mechanism.
- For the best effect on quality of sleep you should take Circadin® at around the same time each night. The dosage may be continued for up to 13 weeks.
- If you have been using any other type of sleep medication before being prescribed Circadin®, ask your doctor for advice on how to stop taking it and switch over to Circadin®.
- This patient information leaflet should be read in conjunction with the Consumer Medicines Information for Circadin®.

Please talk to your doctor for more information about insomnia and its treatment.



Circadin® is a registered trademark of Neurim Pharmaceuticals Limited used under licence by Aspen Pharma Pty Ltd (ABN 88 004 118 594).

Aspen Australia is a group of companies including **Aspen Pharma Pty Ltd**, ABN 88 004 118 594

All sales and marketing requests to: Aspen Pharma Pty Ltd, 34-36 Chandos Street St Leonards NSW 2065 ABN 88 004 118 594
Tel. +61 2 8436 8300 Email. aspen@aspenpharmacare.com.au Web. www.aspenpharma.com.au