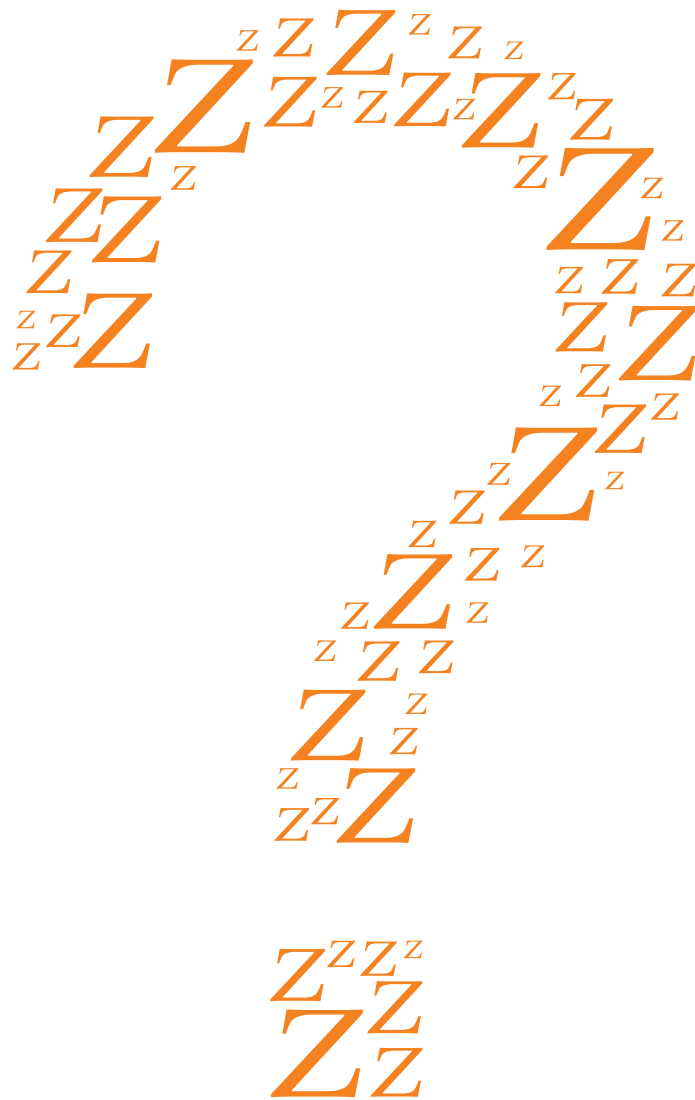


Sleep Problems?

Are you waking up exhausted?



Handy tips to help you sleep better.
PLUS your free sleep diary inside.

Why should I keep a sleep diary?

Keeping a sleep diary can help you and your doctor learn more about your sleep patterns and uncover ways to improve your sleep. Simply fill in this sleep diary and take it with you next time you see your doctor. Your doctor may use it to see what is the most appropriate treatment for your insomnia.

How do I complete this sleep diary?

Fill out this diary every day for at least one week.

Do this each morning when you wake up and each night when you go to bed.

Keep the diary beside your bed so it is easy to fill in.

Photocopy multiple sheets for additional weeks.

How much sleep do I need?

Our sleeping habits will change over our lifetime and good sleep will feel different to different people. Adults usually sleep for between 6–9 hours per night.

If you wake up feeling refreshed, you probably got a good night's sleep the night before.

As we get older we need less sleep, sleep less deeply, and take longer to fall asleep. We also get tired earlier, stir more during the night, and wake up earlier.

However, this doesn't mean we should accept poor sleep as a 'normal' part of getting older.

The tips below can help you sleep better.

Before Bed

Three hours before:

- ▶ Avoid heavy meals, alcohol, cigarettes, and exercise.

30 minutes before:

- ▶ Quiet time can help you relax and promote good sleep.
- ▶ Have a bath or read a book.
- ▶ Try a relaxation exercise.*
- ▶ Bright lights can disturb your sleep.
- ▶ Turn off TV, computers and smart phones.

Going to Bed

- ▶ Routine is important. Try to go to bed and get up around the same time each day.
- ▶ Make sure your bedroom is quiet, warm and comfortable.
- ▶ Use your bed only for sleep and sex.
- ▶ Worry and stress can stop you sleeping. Keep a notepad by your bed and write your worries down, or try a relaxation exercise.*
- ▶ Get up if you can't sleep for more than 20 minutes. Go back to bed when you feel drowsy.

Upon Waking

- ▶ Expose yourself to sunlight or a bright light upon waking.
- ▶ **During the day:**
- ▶ Napping during the day disrupts your sleep. Limit naps to 20 minutes, no more than twice a day. You can limit your naps by asking someone to wake you or by setting an alarm.
- ▶ Stop drinking caffeinated drinks (coffee, tea, energy drinks, colas) after midday.
- ▶ Exercising daily reduces stress and promotes sleep. Try walking, swimming or gardening.

* Relaxation exercises' and 'worry control techniques' are available by searching the internet or an app store.



Complete before going to bed.

Week 1 2 3 4 (please tick)

Beginning date: / /	Exercised:	Had a nap:	Within 3 hours of going to sleep I had:	Time I took my Circadin®:	About 30 mins before bed I avoided:	About 30 mins before bed I relaxed with:	Went to bed at:
Day 1	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm
Day 2	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm
Day 3	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm
Day 4	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm
Day 5	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm
Day 6	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm
Day 7	<input type="radio"/> morning <input type="radio"/> afternoon <input type="radio"/> evening	minutes am/pm	<input type="radio"/> nicotine <input type="radio"/> alcohol <input type="radio"/> a heavy meal <input type="radio"/> caffeine	am/pm	<input type="radio"/> TV <input type="radio"/> work <input type="radio"/> computer	<input type="radio"/> a warm bath <input type="radio"/> reading <input type="radio"/> relaxation	am/pm



Complete when you wake.

Week 1 2 3 4 (please tick)

Beginning date: / /	Went to bed at:	Fell asleep in:	Woke up during the night:	Got up for the day at:	Slept a total of:	When I got up I felt:
Day 1	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued
Day 2	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued
Day 3	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued
Day 4	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued
Day 5	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued
Day 6	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued
Day 7	am/pm	minutes	_____times for _____ minutes	am/pm	hours	<input type="radio"/> refreshed <input type="radio"/> partly refreshed <input type="radio"/> fatigued



Please answer the following questions:

- ▶ List below any other things that may have affected your sleep during the week. (e.g. partner snoring, room temperature, worrying, dog barking, woke myself up snoring or gasping for air.)

- ▶ Compare your diary with the sleep tips listed over the page. Are there some changes you can make for a better night's sleep?

- ▶ Other medications you are taking may affect your sleep.
List your medications here and show this to your healthcare provider.

Melatonin and Sleep.

- ▶ The hormone melatonin plays a key role in regulating your body's natural circadian rhythms (your 24-hour body clock).

- ▶ Melatonin regulates the time you go to sleep as well as when you wake up in the morning.

- ▶ Your melatonin level usually rises as it gets dark causing you to feel sleepy, and it continues to be released gradually throughout the night.

- ▶ However, as you age, your body tends to produce less melatonin which can lead to difficulty falling asleep and poor sleep quality.

- ▶ If you have sleep problems talk to your doctor or pharmacist to see if Circadin® (prolonged release melatonin) treatment is right for you.

Find out more at circadin.co.nz



Circadin® (melatonin) Prolonged Release Tablets 2mg is a Prescription Medicine used to improve sleep quality and morning alertness in patients over 55 years of age with poor quality of sleep. Ask your doctor if Circadin® is right for you. Circadin® has risks and benefits. If symptoms persist or you have side effects please see your doctor or pharmacist. Use strictly as directed. Circadin® is an unfunded medicine. Normal doctor's fees and pharmacy charges apply. Consumer Medicine Information is available at www.medsafe.govt.nz. Circadin® is a registered trademark of Neurim Pharmaceuticals Limited used under licence by Aspen Pharma Pty. Aspen Pharmacare C/O Pharmacy Retailing, Auckland. TAPS PP8337-16AG.