

SIMPLE TIPS FROM  
**SILENOR**  
 TO IMPROVE  
 YOUR SLEEP



<p>SIMPLE TIPS FROM  <b>SILENOR</b>        TO IMPROVE        YOUR SLEEP</p>  <p>A Good Day Starts at Night</p>	<h3>Improving sleep hygiene</h3> <p>"Sleep hygiene" is the term that doctors use to describe good sleep habits.</p> <p>In addition to taking SILENOR<sup>®</sup> as prescribed, practicing good bedtime habits can improve your night's sleep.</p> <p>There are specific things to do—and others to avoid—to sleep well each night. To learn more, check out the 8 tips on the following pages.</p>	<p><b>1</b></p> <h3>Avoid napping</h3>  <p>Daytime naps can change the normal pattern of sleep and wakefulness, making it difficult to sleep at night. If you must take a quick nap, do so before 3 P.M.</p>	<p><b>2</b></p> <h3>Avoid caffeine and alcohol</h3>  <p>Avoid caffeine (in coffee, tea, soda, and chocolate) for at least 4 hours before bed. And it's wise to avoid alcohol, because it can disrupt sleep in the middle of the night.</p>	<p><b>3</b></p> <h3>Don't eat large meals before bedtime</h3>  <p>While having a light snack before bed helps some people get to sleep, it's not wise to eat heavy meals close to bedtime.</p>	<p><b>4</b></p> <h3>Try to exercise</h3>  <p>Strenuous exercise (like running or cycling) can make your body tired at night, but it should be done before evening. Try a calming exercise at bedtime, such as yoga or stretching.</p>	<p><b>5</b></p> <h3>Get natural light</h3>  <p>Exposure to sunlight has been proven to help maintain a healthy sleep-wake cycle. No matter what your age or your schedule, try to get outdoors each day.</p>
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<p><b>6</b></p> <h3>Develop a relaxing routine</h3>  <p>Avoid stressful activities before bed (such as reading emails or paying bills). Instead, develop a routine at night, like drinking herbal tea or taking a hot bath.</p>	<p><b>7</b></p> <h3>Make your bedroom peaceful</h3>  <p>Make sure your bedroom is comfortable, cool, and quiet. To block out light, use an eye mask or dark window shades.</p>	<p><b>8</b></p> <h3>Associate your bed with sleep</h3>  <p>Your bed is for sleeping. Try not to watch TV, read, use a mobile device, or eat in bed.</p>	<p><b>SILENOR<sup>®</sup> is a prescription sleep medicine that is used to treat people with insomnia who have trouble staying asleep.</b></p> <p><b>Important Safety Information</b></p> <p>Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problem.</p> <p>Be sure that you are able to devote 7 to 8 hours to sleep before being active again. SILENOR<sup>®</sup> should be taken within 30 minutes of bedtime. Do not take with alcohol or with other medicines that can make you sleepy. If you are on a monoamine</p>	<p>oxidase inhibitor (MAOI) or have taken a MAOI within the past two weeks, you should not take SILENOR<sup>®</sup>. You should not take SILENOR<sup>®</sup> if you have an eye problem called narrow angle glaucoma that is not being treated, if you have severe urinary retention, or if you are allergic to any of the ingredients in SILENOR<sup>®</sup>. You should not drive or operate machinery at night after taking SILENOR<sup>®</sup>. Until you know how you will react to SILENOR<sup>®</sup>, you should be careful in performing such activities during the day following taking SILENOR<sup>®</sup>. Before you take SILENOR<sup>®</sup>, tell your doctor if you have a history of depression, mental illness or suicidal thoughts. You should call your doctor right away if after taking SILENOR<sup>®</sup></p>	<p>you walk, drive, eat or engage in other activities while asleep. Drowsiness is the most common adverse event observed in clinical trials. For more information, please see the complete Prescribing Information, including the Medication Guide.</p> <p>You are encouraged to report negative side effects of prescription drugs to the FDA. Visit <a href="http://www.fda.gov/medwatch">www.fda.gov/medwatch</a> or call 1-800-FDA-1088. Please see accompanying SILENOR<sup>®</sup> Patient Brochure for full Prescribing Information and Medication Guide.</p>	<p><b>References:</b> 1. National Sleep Foundation. Sleep Hygiene. <a href="http://sleepfoundation.org/ask-the-expert/sleep-hygiene">http://sleepfoundation.org/ask-the-expert/sleep-hygiene</a>. Accessed September 17, 2014. 2. Centre for Clinical Interventions. Sleep hygiene. <a href="http://www.cc.health.wa.gov.au/docs/info-sleep%20hygiene.pdf">http://www.cc.health.wa.gov.au/docs/info-sleep%20hygiene.pdf</a>. Accessed September 17, 2014.</p>  <p>A Good Day Starts at Night</p>  <p>©2015 Pernix Therapeutics.        SIL-0349.P2A 1/15</p>
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## Instructions

To assemble your Sleep Hygiene Tips card, cut along the dotted lines where indicated. Then fold along each dotted line that separates the individual panels in an accordion style. Once completely folded, the front panel should be the green cover, and the back panel should be Tip #6.