



# KICKSTART your conversation

If you have trouble staying asleep or sleeping through the night, you're not alone. Many Americans struggle each night to get a good night's sleep. You may be suffering from a medical condition called insomnia. A visit to your healthcare provider is a good place to get help.

To get the discussion started, print out this form and answer the questions. Then bring your completed copy with you to your next appointment.

## How I sleep

**My problem with sleeping is:**

- Falling asleep
- Staying asleep
- Falling back to sleep
- Waking up too early
- Other

**On average, I sleep \_\_\_\_\_ hours each night.**

**I have trouble sleeping:**

- Nightly
- Twice a week or more
- Once a week
- A few times a month
- Once a month
- Other

**I've had trouble sleeping for:**

- One week
- One month
- A few months
- Half a year
- One year
- Other

**When I have trouble sleeping, I may wake up \_\_\_\_\_ times each night.**







**If I wake up, I usually stay awake for \_\_\_\_\_ minutes/hours.**

**Sometimes I take something to help me fall asleep (please provide medication name).**

- An over-the-counter sleep aid \_\_\_\_\_
- A prescription sleep medication \_\_\_\_\_
- Natural sleep aids \_\_\_\_\_
- Nothing

## Before I go to bed, I usually:

Circle all that apply

-  Watch TV in bed
-  Surf the web/  
use an electronic device
-  Listen to music
-  Eat a meal or snack
-  Work
-  Other



## QUESTIONS to ask your Healthcare Provider

### Questions to ask your healthcare provider.

- ✦ Should I be worried about my sleep problems?
- ✦ Is it bad for my health to ignore my sleep problems?
- ✦ Is there a difference between prescription sleep medications and over-the-counter sleep aids?
- ✦ Do I need to worry about side effects for either prescription sleep medications or over-the-counter sleep aids?

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### Get a SILENOR® prescription for as little as \$25\*

- ✦ Simply download the co-pay card from [SILENOR.com](http://SILENOR.com), print it, and bring it to your pharmacy
- ✦ Fill your SILENOR® prescription and the savings will be applied automatically to your co-pay\*

\* Some limitations apply; please see Terms and Conditions in the savings section of [SILENOR.com](http://SILENOR.com) when you download your SILENOR® Co-Pay Card.

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SILENOR® is a prescription sleep medicine that is used to treat people with insomnia who have trouble staying asleep.

### Important Safety Information

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.

Be sure that you are able to devote 7 to 8 hours to sleep before being active again. SILENOR® 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 oxidase inhibitor (MAOI) or have taken a MAOI within the past two weeks, you should not take SILENOR®. You should not take SILENOR® 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®. You should not drive or operate machinery at night after taking SILENOR®. Until you know how you will react to SILENOR®, you should be careful in performing such activities during the day following taking SILENOR®. Before you take SILENOR®, 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® 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.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call **1-800-FDA-1088**.

A Good Day Starts at Night

