

## First Ability Be the master of your own body

As there are many reasons for insomnia, we suggest you start with finding the cause of insomnia, changing your daily routines and consulting a doctor.

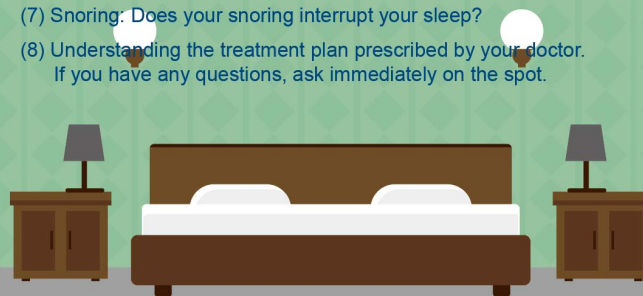
- (1) Get into good daily routines and sleeping habits: Sleeping pills only treat the symptoms, but they will not eradicate your problems. You have to understand the reason for your sleeping problems, change the contributing factors, such as your living habits, and also avoid taking substances that may stimulate the brain such as beverages containing caffeine (coffee or tea) and alcohol; other habits such as napping and sleeping for more than one hour during the daytime, drinking, eating or exercising too much, surfing the internet for too long or engaging in exciting activities before bed can also lower the quality of your sleep.
- (2) Do not purchase sleeping pills without prescription: Sleeping pills are prescription drugs. If you have sleeping problems, you should consult a doctor. Do not purchase sleeping pills on your own and do not take sleeping pills that are prescribed for your friends and family.
- (3) Avoid seeing doctors repeatedly for the same complaint: When you are consulting doctors in different hospitals or different departments, inform the doctor of the sleeping pills you are currently taking to avoid the redundant prescriptions; do not ask the doctor for a prescription on your own.



## Second Ability Clearly convey your physical conditions

When you consult a doctor about your sleeping disorder, clearly convey your conditions:

- (1) Sleeping problems: When did it start? How long did it last? What are the conditions and internal or external factors that are likely to cause you to lose sleep? What's your lifestyle? For example, do you work shifts or work during the night? What's the symptom of your sleeping problem? Do you have trouble falling asleep? Do you wake up during the night? Do you wake up too early? Do you dream a lot? Do you have nightmares? Are you able to focus during the day? Is it affecting your work performance? Do you sleep during the day? For example, do you sleep during lunch hours? Do you take naps? Do you get up late? Are you under stress or have something on your mind? Do you have any other health-related complaints?
- (2) Special conditions: Are you allergic to any medicine or food? Do you have any special dining habits?
- (3) Medical history: Have you been sick before, including physical or psychological disorders, familial or genetic diseases?
- (4) Medicines you are currently taking: The medicines you are currently taking, including Chinese/western medicines, medicines for psychological or neurological disorders and dietary supplements.
- (5) Job description: Are you engaged in jobs that require concentration such as driving and operating machinery? Are you going to take any exams lately?
- (6) Pregnancy (or breastfeeding): Women should inform the doctor whether they are currently pregnant, planning to get pregnant or breastfeeding.
- (7) Snoring: Does your snoring interrupt your sleep?
- (8) Understanding the treatment plan prescribed by your doctor. If you have any questions, ask immediately on the spot.



## Third Ability Read the labels carefully

Upon receiving sleeping pills prescribed for you, read the labels on the medication bag and the instructions inside carefully; also remember to present your national health insurance card (or any other identification).

- (1) Basic information: Upon receiving your medication, check that the name and age printed on the medication bag matches yours.
- (2) Instructions for taking the medicines: Take your medicines according to the time and dosage designated on the medication bag. Do not increase or decrease the prescribed dosage on your own.
- (3) Medicine indications: Check whether your disorder or symptoms are consistent with the indications listed on the medication bag.
- (4) Name and appearance of the medicine: Check that the shape and color of the medicines you receive match the description on the medication bag.
- (5) Warning of side effects and items to be aware of: Read the warnings on the medication bag carefully, and understand the side effects, dangers and frequency of occurrence after taking the medication. Avoid driving, working on anything that requires concentration or operating dangerous machinery after taking sleeping pills.
- (6) Duration and quantity: Check the duration prescribed and the amount of medicines upon receiving your medication on the spot.
- (7) The valid date and storage method of the medication.





## Fourth Ability Understand how and when to take your medicine

When taking sleeping pills, make sure you understand how and when to take your medicine.

- (1) When to take your medicine: Please take your sleeping pills 15 to 30 minutes before you go to bed; prepare for bed as soon as you have taken your medicine and avoid other activities.
- (2) Dosage: Follow your prescription carefully. Do not increase the dosage because you believe the dosage to be insufficient or decrease the dosage because you are worried about the side effects.
- (3) How to take your medicine: Sleeping pills can help treat your sleeping problems, but you should still get into good daily routines and exercise. Furthermore, you should discuss with your doctor and take your medicine as prescribed; do not increase or decrease the prescribed dosage.
- (4) Drug interaction: Do not take pills with other pills that are not prescribed for you, and do not drink alcoholic beverages with your medication to avoid the danger caused by drug interactions.
- (5) Do not stop medication on your own: You need to discuss with your doctor about whether to stop medication, or reduce medication gradually, or you might develop withdrawal syndrome and rebound insomnia. (6) Get into good habits: When you take sleeping pills, to get the best effect, you also need to regulate your emotions, adjust your living habits and mitigate stress.
- (6) Get into good habits: When you take sleeping pills, to get the best effect, you also need to regulate your emotions, adjust your living habits and mitigate stress.
- (7) If you take sleeping pills and wake up from your sleep, remember to get up slowly to avoid the risk of falling.
- (8) Tell the people living with you that you are currently on medication: Taking sleeping pills may lead to sleepwalking and light sleep which people living with you need to be aware of. The elderly especially need to mind the dangers which may result from taking sleeping pills.
- (9) Other important reminders for taking sleeping pills:
  1. Overdose may lead to dizziness, headaches, drowsiness, inability to focus, and even sleepwalking.
  2. Inappropriate long-term use of sleep pills may lead to drug physical dependence, memory loss, slower reaction, etc.; abruptly stopping medication could lead to anxiety, loss of appetite and seizures.
  3. There are risks for pregnant women; some drugs may cause deformity, premature birth, underweight in newborns, drowsiness, fatigue, etc.
  4. Do not resell or give away your medicines: Sleeping pills are Schedule 3 and 4 controlled drugs. Do not resell or give away medicines you have not finished to avoid violating the Narcotics Hazard Prevention Act.

## Fifth Ability Cooperate with your doctors and pharmacists

Consult a doctor about your sleeping disorders and a pharmacist about your medication

- (1) Record phone numbers for consulting purposes: Record the numbers of doctors and pharmacists you know as emergency contacts for consulting purposes.
- (2) If you have any questions, consult an expert: Consult a doctor or a pharmacist if you have any questions regarding your medication (or directly call the number on the bag of your medication). Do not listen to any advice from non-medical personnel.



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# Use sleeping pills correctly

## Five principles



First Ability:  
Be the master of your own body

Second Ability:  
Clearly convey your physical conditions

Third Ability:  
Read the labels carefully

Fourth Ability:  
Understand how and when to take your medicine

Fifth Ability:  
Cooperate with your doctors and pharmacists