



# Use sleeping pills correctly

## 5 Principles

Organized by



Taiwan Food and Drug Administration

Implemented by



Health Promoting School Revised on May 28, 2020

### 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
- (2) Do not purchase sleeping pills without prescription
- (3) Avoid seeing doctors repeatedly for the same complaint

### Second Ability

#### Clearly convey your physical conditions

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

- (1) Sleeping problems
- (2) Special conditions
- (3) Medical history
- (4) Medicines you are currently taking
- (5) Job description
- (6) Pregnancy (or breastfeeding)
- (7) Snoring
- (8) Understanding the treatment plan prescribed by your doctor.

### Third Ability

#### Read the labels carefully

When collecting sleeping pills, please read carefully the labels on the medicine bag, package inserts, instructions (instructions for the use of drug) and the medication leaflet. Please also bring your NHI card (or ID certificate) with you.

- (1) Basic information
- (2) Instructions for taking the medicines
- (3) Medicine indications
- (4) Name and appearance of the medicine
- (5) Warning of side effects and items to be aware of
- (6) Duration and quantity
- (7) Please pay attention to medicine's storage method and expiration date, and keep the medicine out of children's reach.

### Fourth Ability

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

When taking sedatives or sleeping pills, please understand the medicine's characteristics and the duration for taking.

- (1) When to take your medicine
- (2) Dosage
- (3) Number of days to take medicine
- (4) Drug interaction
- (5) Do not stop medication on your own
- (6) Get into good habits
- (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
- (9) Other important reminders for taking sleeping pills:

### 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
- (2) If you have any questions, consult an expert