## Risks of taking sleeping pills

Did you know? As you get older, sleeping pills stay in your body longer, increasing the risk of side effects.

This medication can cause **side effects** like **memory problems**, daytime **drowsiness**, **falls**, **breathing** and **heart** problems, **stomach** issues, or **mood** changes.

Additional risks include confusion, dizziness, night wandering, sleepwalking, agitation, blurred vision, and headaches.

Your sleeping pill can be **highly addictive**.

Even if you're not experiencing side

## effects, be sure to **talk** to your **doctor**, **nurse** or **pharmacist**.

Stopping sleeping pills suddenly can cause **withdrawal effects**, so it's better to **agree the steps** with your physician.

Remember, in most cases, there are safer ways to sleep well.

-SAFE



Programme HORIZON-HLTH-2021-CARE-05-01: Enhancing quality of care and patient safety and by the Swiss State Secretariat for Education, Research and Innovation (SERI) (contract No 22.00116)