

# 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.



## 1

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

## 2

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



## 3

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**.



## 4

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**.

