

EAS/EmployeeAssistanceServices
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November 2007

Sleep Meds: 7 Questions to Ask Your MD

WebMD is a wonderful resource that provides information that allows people to better understand illnesses and treatments. This information can allow patients to be actively involved with their physicians in deciding a course of treatment.

This WebMD insomnia article begins with “After you and your doctor have treated the other health problems leading to your insomnia, there are many steps you can take to break the cycle of sleeping poorly and being tired all day. One of those steps may be to take sleeping pills.’

The WebMD “Decision Point” section of the Sleep Disorders Health Center has a wonderful patient-centered section describing insomnia and points to consider (how sleep medications help, medications as short term treatment combined with lifestyle changes, side effects, tolerance and decreased effect, potential addiction, potential withdrawal symptoms, making lifestyle changes).

The article, then, follows with several sections that lead you through an interactive decision making process leading to the decision “Leaning toward taking sleeping pills” to “Leaning toward NOT taking sleeping pills”. Leading up to this ‘decision point’ are the following sections:

- 1. How can sleeping pills help?**
- 2. What are the risks of taking sleeping pills?**
- 3. Reasons to take sleeping pills/reasons to not take sleeping pills.**
- 4. Lastly, prior to the ‘decision point’ is a worksheet with medication considerations to discuss with your physician. ([www.webmd.com/sleep_disorders/should I take sleeping pills for insomnia?](http://www.webmd.com/sleep_disorders/should_I_take_sleeping_pills_for_insomnia?))**

[See the following page for the 7 questions]

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Another helpful resource is the 7 questions to ask your MD about medications. These questions can be found at the website of the National Empowerment Center (www.power2you.org/articles):

The 7 questions are:

1. Exactly how will I know when this medication is working for me?
2. How long before I should start to notice an effect from this medication?
3. What side effects are associated with this drug?
4. If I should experience any of the side effects, what should I do about them?
5. How can I contact you if, during my medication trial, I have questions or concerns I want to check out with you?
6. How long should my trial period on this medication last?
7. When is my next appointment?

Who: The November “New Skills for Living” health and wellness interview will feature UNR psychologist/author Dr. Jacqueline Pistorello. She will discuss her recent co-authored book on surviving trauma.

What: “Helping People Who Have Been Traumatized”.

When: Sunday, November 25, 6:30 AM, KOLOTV, CH 8.