

# Sleep Facts And Figures

## Making The Night Shift: Stopping Tossing And Turning

(NAPSA)—Insomnia has been getting a good deal of attention lately because of how prevalent it is: Approximately 40 percent of adults experience it from time to time. Because of this, researchers are developing new solutions to help people get a full night's sleep. But insomnia can mean many different things to different people. For some, it's difficulty falling asleep, for others it's difficulty staying asleep or waking up early and unrefreshed. In fact, it is getting to sleep initially which is the most common form of insomnia.

"Most people, from time to time, have difficulty getting to sleep or falling back asleep if they've been awoken, so they know how frustrating it is," said Jerry Pinto, M.D., an expert in insomnia and director of internal medicine at the Wuesthoff Hospital in Rockledge, Florida. "You don't have to explain it to people. We've all been there: laying awake, staring at the clock and wondering how we're going to function the next day if we can't get to sleep."

Many things—stress, jet lag and environmental factors—can make it difficult for people to fall asleep. Most doctors agree that certain lifestyle changes can help many people have better success falling asleep. The National Sleep Foundation (NSF) recommends a regular, relaxing bedtime routine.



**The most common form of insomnia is an inability to fall asleep.**

It also recommends avoiding caffeine, nicotine and alcohol before bed and exercising regularly but not right before bed. However, if problems persist, it's a good idea to talk to your doctor. In some cases, people who have difficulty falling asleep from time to time may benefit from a flexible prescription sleep aid.

One such option is Sonata® (zaleplon capsules). According to Dr. Pinto, Sonata is a good choice for people who have trouble falling asleep and want the flexibility of a sleep aid that can be taken when needed, even when administered four hours before waking.

Sonata belongs to a group of drugs known as "hypnotics." Hypnotics are designed to help you sleep. Some hypnotics stay in the body longer than others. The medication in Sonata leaves the body more quickly than any other prescription treatment for insomnia,

which means there is a good chance that Sonata will allow you to fall asleep quickly and wake up without feeling groggy.

"Sonata is a prescription sleep aid that can be taken at bedtime or later, so if you've tried falling asleep on your own and now it's 12:30 in the morning and you're still awake, you can still take a Sonata, fall asleep quickly and then wake up refreshed after four or more hours of sleep," said Dr. Pinto. "In that regard, it's different than other sleep aids, where you might have to guess at 10 p.m. whether you might not be able to sleep that night—and some nights wind up taking a medication you didn't need."

According to Pinto, lack of sleep is becoming a widely recognized health problem in the United States as the demands of work and family continue to grow. Sleep, he says, is taking a hit.

The NSF suggests that getting a good night's sleep is as important to overall health and performance as exercise and nutrition, and recommends speaking to your doctor when you are not getting enough sleep. When thinking about their overall sleep health, Dr. Pinto recommends that people "sleep on it."

For more information on getting a good night's sleep and information about a free trial offer for Sonata, visit [www.sleep4you.com](http://www.sleep4you.com).

---

*Editors' Note: Dr. Jerry Pinto is a paid consultant to King Pharmaceuticals. SONATA is indicated for the short-term treatment of insomnia. Although SONATA improved sleep time from baseline in clinical trials, it has not been shown to increase the total time slept or decrease awakenings vs. placebo. Hypnotics should generally be limited to 7 to 10 days of use, and reevaluation of patients is recommended if hypnotics are taken for more than 2 to 3 weeks. SONATA prescriptions should not exceed a 1-month supply. Until patients know how they will react to sleep agents, they should not engage in activities requiring mental alertness or motor coordination (e.g., driving or operating machinery) after taking SONATA or any sleep agent. In clinical trials, the most common side effects were headache, dizziness, and somnolence. As with any sedative/hypnotic, abrupt treatment discontinuation can produce signs and symptoms of withdrawal and rebound insomnia.*

Do not take SONATA unless you are able to get 4 or more hours of sleep before you become active again. SONATA is a registered trademark of Jones Pharma Incorporated™, a wholly owned subsidiary of King Pharmaceuticals™, Inc.