

Health Bulletin

Having A “Type S” Personality Saps Sleep

(NAPSA)—“I’m a little busy today, I’ll call you tomorrow.”

Busy people might say this three or four times a day—to co-workers, friends, even family. Too often, they say it to a good night’s rest as well.

“I’m a little busy today, I’ll get a good night of sleep tomorrow.”

If you can sympathize with this plight, and feel like you don’t have enough time for career, family, hobbies, friends, and sleep, then you might very well be a “Type S” personality. Compared to a “Type A” person, who may be heading for serious health problems, what Wyeth-Ayerst calls the “Type S” person feels overwhelmed by a hectic life that leaves little time for sleep. And even on nights when “Type S” people do get to bed on time, they’re often tossing or turning due to stress, unable to fall asleep—as if they feel guilty because they’re trying to sleep when there are so many other things they could be doing.

“Society pressures people to jam-pack their schedules with careers, families, and hobbies, at the expense of sleep,” said Thomas Roth, Ph.D., the director of research and division head of the Sleep Disorders and Research Center at Henry Ford Health System in Detroit.

Bouncing from an important business presentation to the kids’ soccer practice, and then to dinner with the in-laws, the “Type S” person has a schedule so unpredictable that sleep can easily be shortchanged. But getting proper rest is important to everyone’s overall health and well-being. People deprived of restful sleep are groggy and less



productive during the day; have problems with concentration; and experience higher levels of anxiety, depression, and physical problems.

“These people need to consider ways to change their behaviors to get the rest they need. If ‘Type S’ people learn that getting rest will improve their waking lives and make them more productive, perhaps they will appreciate the importance of adequate sleep,” added Dr. Roth. “For some people, however, it is unrealistic to change their schedules. That’s where tailoring treatment to individual patient needs can help.”

Like other sleep aids, a person can take Sonata® (zaleplon) C-IV at bedtime. But Sonata is the only prescription sleep aid that people can take later after trying to fall asleep on their own, given they have at least four hours in bed before becoming active again. Sonata allows people to fall asleep fast and still wake up naturally, ready to start their day.

To learn more about the “Type S” personality and Sonata, log on to www.sonatasleep.com or call 1-800-449-1620.

Note to Editors: Sonata is not for everyone; people should talk to their doctor to see if Sonata is right for them. Sonata is for people who simply have trouble falling asleep. It is not for premature awakenings. Until people know how they will react to prescription sleep aids including Sonata, they should not drive or operate machinery. In clinical studies, common side effects were headache, dizziness, and sleepiness. People should not drink alcohol while taking Sonata. People who abuse prescription sleep aids may become dependent. Prescription sleep aids are often taken for seven to 10 days as needed. A doctor will advise about taking them longer.