

Treatment for insomnia

Sleeping problems are common and can be caused by a variety of different factors. Insomnia is a common sleep disorder and includes difficulty in getting to sleep, difficulty in staying asleep and not feeling refreshed in the morning. There are some simple things that you can do which may help – this is called sleep hygiene.



Sleep hygiene

For people with insomnia, the first step in improving sleep is putting into practice some simple sleep hygiene measures, or lifestyle and environmental changes that may help you sleep.

Some examples are:¹⁻⁴

- Improve your sleep environment, for example by ensuring that the bed is comfortable and the bedroom warm, quiet and dark.
- Go to bed and wake up at the same time each day, even after a poor night's sleep.
- Do not stay in bed if you are awake for more than 20 minutes; go to another room and do something relaxing.
- Be as active as possible during the day and spend time outdoors if possible.
- Avoid taking naps during the day, especially after 3pm.
- Try to wind down before attempting to go to sleep e.g. reading a book or magazine. Avoid playing computer games or working immediately before going to bed.
- Do not discuss or analyse problems in bed.
- Avoid smoking and drinking alcohol, especially in the evening.
- Learn and use relaxation techniques to manage stress.
- Exercise for at least 30 minutes every day (finish least three hours before bedtime).
- Reduce caffeine intake during the day and avoid caffeine-containing drinks such as tea, coffee, cola and energy drinks after midday.
- Avoid heavy meals or strenuous exercise close to bedtime.

Please talk to your healthcare professional if you have any further questions about treating insomnia

CIRCADIN® (melatonin) Prolonged Release Tablets 2mg. Consult with your Doctor if CIRCADIN® to see if Circadin is right for you. CIRCADIN® is an unfunded prescription medicine. Normal Doctors fees and prescription charge apply. CIRCADIN® is approved for the short term treatment of primary insomnia characterized by poor quality of sleep in patients who are aged 55 or over. Do not take CIRCADIN® if you have a known allergy to any ingredient in this product. Tell your Doctor if you are taking other medicines. Use with caution if you have a history of autoimmune diseases, renal insufficiency, hepatic impairment, galactose intolerance, LAPP lactase deficiency, glucose-galactose malabsorption. CIRCADIN® may cause drowsiness and impair ability to drive and use machines. The most common side effects include headache, sore throat, back pain, and fatigue. If you have side effects please see your Doctor. Use strictly as directed. For more information on CIRCADIN® is available at www.medsafe.govt.nz or Aspen Pharmacare. CIRCADIN® is a registered trademark of Neurim Pharmaceuticals Limited used under licence by Aspen Pharma Pty. Aspen Pharmacare. C/O Healthcare Logistics, Auckland, NZ. www.aspenpharma.co.nz. TAPS PP4616-13DC.

How melatonin affects sleep quality and quantity⁵

It's the quality of your sleep, not just the quantity, that's important. Good quality sleep helps you feel refreshed in the morning and improves how you feel during the day.

Melatonin is a natural hormone produced by your body that controls the circadian rhythm, which is your built-in 24-hour body clock. It regulates the time you go to sleep as well as when you wake up in the morning.

Your melatonin levels usually rise as it gets dark, causing you to feel sleepy. Throughout the night, your body releases melatonin gradually over 8-10 hours, resulting in restorative sleep.

However, as you age, your body tends to produce less melatonin which can lead to difficulty falling asleep and poor sleep quality.

Your Healthcare Professional may have discussed various options with you to treat your insomnia and may have recommended melatonin such as Circadin® for insomnia treatment.

Circadin® is not the same as melatonin dietary supplements. Circadin® is a prolonged-release melatonin, which mimics the body's natural melatonin profile by gradually releasing melatonin over eight to ten hours during the night. It is also a registered medicine and is only available on prescription.

How to take Circadin®^{6,7}

- Circadin® should be taken after food, 1-2 hours before bedtime.
- Swallow the tablet whole – do not crush, chew or divide it.
- Circadin® does not have an immediate effect – you should just feel a natural sleepiness and desire to go to bed between 1-2 hours after taking it.
- Avoid drinking alcohol if you are taking Circadin® as it may reduce the effectiveness of Circadin on sleep.
- For the best results, you should take Circadin at around the same time each night. It is important that you continue to take Circadin for the treatment period agreed with your Doctor.
- If you have been using any other type of sleep medication please discuss this with your doctor.
- This patient information leaflet should be read in conjunction with the Consumer Medicines Information for Circadin®.



circadin®
prolonged release melatonin

circadin.co.nz

References: 1. Quality Use of Medicines Team. Waitemata District Health Board Melatonin – Don't Lose Sleep Over It. 2012 June Available from: <http://www.saferx.co.nz/full/melatonin.pdf> Waitemata 2. Schutte-Rodin S et al. JCSM, 2008; 4(5): 487-504 3. Dzierzewski JM et al. Nat Sci Sleep 2010;2:47-61 4. PSA Self Care Fact Card, "Sleeping Problems" 2010. Available from: <http://www.psa.org.au/supporting-practice/self-care> 5. Wade AG et al. Curr Med Res Opin 2007; 23(10): 2598-5605 6. Circadin NZ Data Sheet (last updated 28 June 2011) 7. Circadin CMI leaflet (last amended 27 Sept 2011).



ABRIDGED PRODUCT INFORMATION

CIRCADIN® (melatonin) 2 mg prolonged release tablets

Indication: Monotherapy for the short term treatment of primary insomnia characterized by poor quality of sleep in patients who are aged 55 or over.

Contraindications: Hypersensitivity to any ingredient in the product.

Precautions: May cause drowsiness. Has negligible influence on the ability to drive and use machines. Not recommended for use in patients with autoimmune diseases. Patients with rare hereditary problems of galactose intolerance, the LAPP lactase deficiency or glucose-galactose malabsorption should not take this medicine. Not recommended for use in children and adolescents below 18 years of age. Melatonin metabolism is known to decline with age, with higher AUC and Cmax levels reported in older subjects compared to younger subjects. Caution should be used in those with renal insufficiency. Not recommended for use in patients with hepatic impairment (see full Data Sheet).

Pregnancy (B3): No clinical data on exposed pregnancies are available. Use in pregnant women and by women intended to become pregnant is not recommended.

Lactation: Endogenous melatonin has been detected in human breast milk. The effects of melatonin on the nursing infant have not been established. Treatment with melatonin is not recommended in breast feeding woman.

Interactions: Quinolones, carbamazepine, rifampicin, fluvoxamine, 5- or 8-methoxypsoralen, cimetidine, cigarette smoking, oestrogens, adrenergic agonists/antagonists, opiate agonists/antagonists, antidepressants, prostaglandin inhibitors, benzodiazepines, tryptophan, alcohol, zaleplon, zolpidem, zopiclone, thioridazine and imipramine (see full Data Sheet).

Adverse Effects: Common adverse reactions include headache, nasopharyngitis, back pain and arthralgia. See full Data Sheet for complete list.

Dosage: One tablet daily swallowed whole 1-2 hours before bedtime and after food. This dosage may be continued for up to thirteen weeks (see full Data Sheet).

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Please review full Data Sheet before prescribing. Data Sheet is available at www.medsafe.govt.nz

Circadin® is an unfunded prescription medicine - a prescription charge will apply.

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