

SLEEP ON IT

TIPS ON GETTING A GOOD NIGHT'S REST



Carolyn Kepcher Gets Down To Business About Sleep

(NAPSA)—Insomnia is one of the most common health problems in the United States. In fact, more than half of Americans say they experience at least one symptom of insomnia at least a few nights a week. Although it is a manageable condition, a national survey conducted by the American Academy of Nurse Practitioners (AANP) reveals that people are living with insomnia despite evidence that it can have a serious, negative impact on overall health. The survey also shows that adults with insomnia live with the condition for an average of nearly six years before seeking help.

This is why Carolyn Kepcher, formerly an advisor on NBC's "The Apprentice," joined forces with the AANP to raise awareness of the health risks associated with insomnia. They aim to encourage people to speak with their health care professionals about how to effectively manage their condition.

According to the survey, 76 percent of people who have insomnia believe they can manage it on their own. So did Carolyn—until she realized that her insomnia was limiting time with her family.

"I thought I could manage my difficulty sleeping on my own, but getting a good night's sleep became more difficult over the years," Kepcher says. "I'd wake up during the night and then have trouble falling back asleep. Sometimes, it was difficult to get my children ready for school in the morning, which I really



Carolyn Kepcher, formerly of "The Apprentice."

like to do."

She consulted her health care professional and, together, they developed a plan to manage her symptoms that included lifestyle changes and the prescription sleep aid AMBIEN CR (zolpidem tartrate extended release tablets) CIV.

A lack of restful sleep due to insomnia not only affects an adult's sleeping hours, but it can also have an impact on his or her entire day. Anyone who experiences symptoms of insomnia, such as trouble falling asleep or staying asleep at least a few nights a week, should talk to their health care professionals.

The AANP offers the following tips to help manage symptoms of insomnia:

- **Lifestyle changes:** Go to bed at the same time each night and avoid caffeine before bedtime.

- **Improved sleep hygiene:** Create a comfortable sleeping environment and remove disturbing sounds and lights.

- **Medications:** Some medicines may be more effective at helping you fall asleep initially, whereas others may be better to prevent you from waking up frequently during the night. A health care professional can help determine if a prescription sleep aid is appropriate to help manage your insomnia symptoms.

As with all medications, it is important to take sleep aids only as directed by a health care professional. If you are prescribed a prescription sleep aid, take it exactly as directed by your health care professional, use it right before going to bed and when you can devote enough time to sleep, and never take it with alcohol.

For more information about insomnia, visit www.shuteye.com. To learn more about the AANP, visit www.aanp.org.

AMBIEN CR is indicated for treating insomnia. It is a treatment option you and your health care professional can consider along with lifestyle changes and can be taken for as long as your health care professional recommends. Until you know how AMBIEN CR will affect you, you shouldn't drive or operate machinery. Be sure you're able to devote seven to eight hours to sleep before being active again. Side effects may include next-day drowsiness, dizziness and headache. It's non-narcotic; however, like most sleep medicines, it has some risk of dependency. Don't take it with alcohol.

For full prescribing information, visit www.ambienr.com.