

*Senior*



## Health News

### Seniors And Insomnia

(NAPSA)—When it comes to a good night's sleep, no one is in greater need than America's seniors. Lack of sleep can lead to an increased risk of debilitating falls, diabetes and deadly heart attacks.

Sleeplessness may also be a symptom or early warning sign of disease. In their need for healthy sleep, millions of seniors are turning to safe, effective, doctor-prescribed sleep aids.

Unfortunately, rare cases involving people who abuse sleep aids are sensationalized. This can be misleading and create unfounded concerns for seniors who worry about the safety of these valuable medications.

A new report by RetireSafe's Senior Center for Health and Security examines the facts about sleep disorders and the unique risks they pose to older Americans. It also discusses remedies.

Sometimes commonsense changes in lifestyle and sleep environment aren't enough to ensure a healthy night's rest. When prescribed by a doctor and used as directed, prescription sleep aids can provide needed relief for insomnia.

Be smart. Be responsible. Use common sense. Always talk to your doctor about your prescription medications and your reactions to them.

Millions of senior citizens are able to get a good night's sleep thanks, in part, to doctor-prescribed sleep aids.

The decision to use a sleep aid should be based on factual, scientific information and what your doctor says is right for you, not a sensationalized news story.

To learn more, visit [www.SeniorsForCures.org](http://www.SeniorsForCures.org).