



QUESTIONS YOUR DOCTOR MAY ASK

To make the most of your next doctor's appointment, it's important to be prepared. In discussing your trouble sleeping, your doctor may ask you some questions.

Being prepared to answer these questions will make your visit go smoother, and will help your doctor provide you with the help you need.

Think about how to describe your sleep problems.

Do you have trouble falling asleep? Are you waking in the middle of the night, or waking up earlier than you would like?

When you wake up in the morning how do you feel?

Very refreshed, somewhat refreshed, tired, or really tired?

How often do you have trouble getting a good night's sleep?

Every night, several nights a week, once a week, once a month, or just a few times a year?

Would you say your sleep problem is mild, moderate, or severe?

Can you describe how long have you had this sleep problem?

Talk to your bed partner. Has he or she noticed anything unusual about your sleeping habits?

For instance, your bed partner may be aware of things you are not aware of such as snoring, breathing erratically, tossing and turning, or waking often.

Have you had any recent illnesses or changes in your life that may be affecting your ability to sleep?

Do you have any other health problems?

Be prepared to tell your doctor about all medications you are currently taking, whether they are prescription, over-the-counter or something else.

Have you done anything already to try to improve your sleep?

Have you taken any medications in the past to help you sleep?

Did those medicines help, not help, or cause side effects?



AMBIEN CR is indicated to help you fall asleep and/or stay asleep.

IMPORTANT SAFETY INFORMATION

AMBIEN CR is a treatment option you and your doctor can consider along with lifestyle changes and can be taken for as long as your doctor recommends. Until you know how AMBIEN CR will affect you, you shouldn't drive or operate machinery. Be sure you're able to devote 7 to 8 hours to sleep before being active again. Sleepwalking, and eating or driving while not fully awake, with amnesia for the event have been reported. If you experience any of these behaviors contact your provider immediately. In rare cases sleep aids may cause allergic reactions such as swelling of your tongue or throat or shortness of breath or more severe results. If you have an allergic reaction while using AMBIEN CR, contact your doctor immediately. 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 more information visit www.ambienr.com