

1. FALSE

It is no longer recommended to take a sedative-hypnotic drug to treat insomnia or anxiety. People who take it are putting themselves at a:

- 5-fold higher risk of memory and concentration problems
- 4-fold increased risk of daytime fatigue
- 2-fold increased risk of falls and fractures (hip, wrist)
- 2-fold increased risk of having a motor vehicle accident
- Risk of problems with urine loss

2. FALSE

Even if you think that you have no side effects, and even if you take only a small dose, a sedative-hypnotic drug worsens your brain performance and slows your reflexes.

3. TRUE

Your body has probably developed a physical addiction to this medication. If you stop it abruptly, you may have trouble sleeping and feel greater anxiety. Millions of people have succeeded in slowly cutting this drug out of their lives and finding alternatives to help their problem.

4. FALSE

Although it is effective over the short term, studies show that sedative-hypnotic drugs are not the best long-term treatment for your anxiety or insomnia. Sedative-hypnotic medication covers up the symptoms without actually solving the problem. Please keep on reading to learn more about developing healthier sleep patterns and diminishing stress.