

circadin[®]

Sleep Better, Live Better¹



A good night's sleep starts with good habits

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

Sleep hygiene²

When suffering from sleep disturbances, the first step is to put into practice some simple sleep hygiene measures, or lifestyle and environmental changes that may help you sleep better. Some examples are:

- Improve your sleep environment, for example by ensuring that the bed is comfortable and the bedroom is at a suitable temperature, quiet and dark.
- Go to bed and wake up at the same time each day.
- Do not stay in bed trying to get back to sleep 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, otherwise if you do nap, keep it to a maximum of 20 minutes before 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.
- Try to lose weight if you are overweight.
- Exercise for at least 30 minutes every day (but at 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 in the evening.

If these interventions don't work, there are a range of psychological treatments and medications which can be explored.

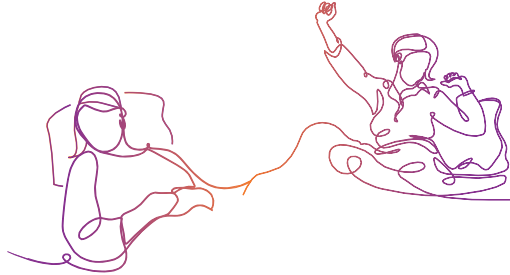
Melatonin medication can help improve sleep quality

Melatonin is a natural hormone that controls the circadian rhythm (your built-in 24-hour clock), regulating the time you go to sleep and wake up in the morning. Natural melatonin levels usually rise as it gets dark, making you feel sleepy. Low levels of melatonin produced by your body can lead to difficulty falling asleep or lead to poor sleep quality, causing you to wake up feeling unrefreshed.

CIRCADIN® is an approved treatment that contains melatonin. The melatonin in Circadin tablets is specifically designed to be released slowly over the course of the night, mimicking the body's natural release of melatonin. It acts to supplement the melatonin your body produces naturally.

CIRCADIN® - Directions for Use³

- Circadin® should be taken after food, 1-2 hours before bedtime.
- Swallow the tablet whole – do not crush, chew or divide it; this would alter the benefits.
- 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 the presence of alcohol in the stomach may affect the prolonged release mechanism.
- For the best effect on quality of sleep you should take Circadin® at around the same time each night.
- If you have been using any other type of sleep medication before Circadin®, ask your doctor for advice on how to stop taking it and switch over to Circadin®.



For more information, visit www.circadin.com.au
To access the Circadin® sleep sounds playlist or a digital version of these sleep tips, scan here



AF06181 ASP2627

- REFERENCES:** 1. Wade AG et al. *Curr Med Res Opin.* 2007 Oct;23(10):2597-2605. Funded by Neurim Pharmaceuticals
2. Centre for Clinical Interventions Sleep Hygiene fact sheet www.cci.health.wa.gov.au accessed on 7/12/2021
3. Circadin® Consumer Medicine Information

ASK YOUR PHARMACIST ABOUT THIS PRODUCT.

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Date of preparation: Dec 2021