

Handy tips for better sleep

In the hours directly before bed

- Quiet time or a relaxation exercise before bed can help you relax.
- Avoid heavy meals, alcohol, cigarettes and heavy exercise in the hours before bed.
- Turn off TV, computers and smart phones.

Bedtime

- Routine is important. Try to go to bed and get up around the same time each day.
- Use your bed only for sleep and sex.
- Get up if you're not getting to sleep within 20 minutes. Go back to bed when you feel drowsy.
- Worry and stress can stop you sleeping. Keep a notepad by your bed and write your worries down (this gives your mind permission to stop thinking about them).

During the day

- Expose yourself to sunlight or a bright light upon waking.
- Napping during the day disrupts your sleep. Limit naps to 20 minutes.
- Stop drinking caffeinated drinks (coffee, tea, energy drinks, colas) after 2pm.
- Exercising daily reduces stress and promotes sleep. Try walking, swimming or even gardening.

VIGISOM®
prolonged release melatonin
Sleep well. Live well.

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Vigisom® (melatonin) Prolonged Release Tablets 2mg is used for short term treatment of insomnia characterised by poor quality of sleep in patients aged 55 or over. Ask your doctor or pharmacist if Vigisom is right for you. Vigisom has risks and benefits. Use strictly as directed. If symptoms persist or you have side effects please see your doctor or pharmacist. Vigisom is an unfunded medicine. Prescription Medicine except when supplied by a Registered Pharmacist. Normal Doctors fees and Pharmacy Charges apply. Consumer Medicine Information available at www.medsafe.govt.nz. Vigisom® is a registered trademark of Neurim Pharmaceuticals Limited used under licence by Aspen New Zealand C/O Pharmacy Retailing (NZ) Ltd, Auckland. TAPS BG1584-SEP21. INSIGHT 11051



**55 or over and
struggling
to get a good
night's sleep?**



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The mechanics of sleep

Sleep is an essential function that gives your body and mind a chance to recharge. When we get enough quality sleep, we should wake up refreshed and alert. Healthy sleep is also important for the immune system and many normal brain functions.

An important hormone called melatonin plays a key role in regulating your body's natural circadian rhythms (your 24-hour body clock). It is responsible for regulating the time you go to sleep as well as when you wake up in the morning. Your melatonin level usually rises as it gets dark, causing you to feel sleepy, and it continues to be released gradually throughout the night.

Melatonin is important for good sleep, but as you age, your body tends to produce less of it, which can lead to difficulty falling asleep, staying asleep, early awakening and poor sleep quality.

What is insomnia?

Insomnia is a common sleep disorder that makes it difficult to fall asleep, stay asleep, or both. Insomnia is common in people 55 years and older and the severity of it increases as we age. Insomnia can significantly affect your wellbeing and can lead to many unfavourable consequences such as fatigue, difficulty remembering things, increased risk of falls and impaired quality of life.

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The advanced prolonged release technology of Vigisom allows for melatonin to be released gradually over 8-10 hours, mimicking your body's natural melatonin action.

Vigisom can help you fall asleep more easily and sleep more soundly, allowing you to wake feeling refreshed and ready to face the day.

Vigisom is not addictive and does not impair your daytime activity.

Vigisom improves sleep onset, quality of sleep and morning alertness.

Find out more and download our sleep diary

Keeping a diary can help you and your healthcare professional learn more about your sleep patterns and uncover ways to improve your sleep.

Find out more about Vigisom and download our sleep diary at Vigisom.co.nz

Vigisom as easy as 1, 2, 3

1

1 tablet

2

2 hours before bed

3

for up to 3 months

It's important to take Vigisom
as directed to get optimal benefit.

**Vigisom is available from your
doctor or pharmacist.**