

Sleep medication ACTION PLAN



Medication Dependence
**Prevention
Month**

MY WRITTEN PLAN

Strategies I will use to manage my insomnia

Why I am using this medication

How much medication and how long I
will use it before reviewing

Potential side-effects to monitor

ASK YOUR HEALTH PROFESSIONAL

- What is the most effective way to manage my sleep problems or other symptoms?
- Can I work on a written management plan for insomnia with you or can you refer me to a sleep psychologist or sleep centre?
- Is there somewhere I can get more information?

- What is this medication for and what will it do?
- If the medication doesn't seem to work, do I take more?
- Can I just stop taking this medication if I decide I don't want to take it?
- Are there safer options?
- What happens if I don't take the medicine?

- How long should I use this medication?
- How much should I use?
- How soon should my treatment and medication be reviewed?
- Do I take the medication regularly or just when I need it?
- Do I finish the packet? What do I do with any medication that is left over?

- What side-effects should I watch out for?
- What are the signs of dependence?
- Can I drive safely while on this medication?
- Can I work safely using machinery or equipment?
- Can I use this medication with other medications I am on?
- Can I safely drink alcohol or take medicines/vitamins with this medication?

Questions adapted from the Queensland Clinical Senate 2019 report 'Managing the pain of opioids'