



SIMPLE WAYS TO A BETTER NIGHT'S SLEEP

There are some simple things you can do to help yourself sleep better with or without taking LUNESTA. These healthy lifestyle habits may not even require that much effort – especially considering the gains: a good night's sleep!

1. Create a regular sleep-wake routine.

Go to bed at the same time each night and try to wake up at the same time each day – during the week and on weekends. Set your bedtime and wake-up time at least 8 hours apart.

2. Turn your bedroom into a sleep sanctuary.

Keep your bedroom quiet, dark, cool, and comfortable; no temperature extremes, no noisy distractions. Never use your bed for anything but sleep and intimacy – that means no work, TV, or reading.

3. Live healthy days. Sleep better nights.

- Regular exercise is great and has been shown to improve sleep – but do it in the morning or afternoon hours (at least 4 hours before bedtime).
- Don't eat too close to bedtime, especially a meal that's heavy or spicy.
- Stay away from caffeine in coffee, tea, or chocolate within 6 hours of bedtime.
- Certain dairy foods and carbohydrates such as cereal and milk are a good source of tryptophan, an amino acid that is thought to help induce sleep.
- Try not to smoke or drink alcohol at night, at least 6 hours before bedtime.
- Don't drink too much of anything before bed or you'll end up having to use the bathroom.
- Taking a warm bath 90 minutes before bedtime can also relax you.

4. Don't lie awake in bed.

If you're not asleep within 15-30 minutes, get out of bed and only go back if you're sleepy.

5. Keep a sleep diary.

The LUNESTA Sleep Diary can help you uncover the cause of your sleep problem. And that can make it easier to solve it.

6. Start a journal.

Get a notebook so that when your mind races as you lie in bed, you can write down your thoughts. This can calm your mind and help you fall asleep.

7. See your doctor.

Don't wait to talk with your doctor if you aren't sleeping well. Schedule an appointment as soon as possible so you can find out if a prescription sleep aid such as LUNESTA is right for you and what you can do to get a good night's rest.



Lunesta® (eszopiclone) is a prescription sleep medicine used in adults for the treatment of a sleep problem called insomnia. Symptoms of insomnia include trouble falling asleep and waking up often during the night.

IMPORTANT SAFETY INFORMATION:

LUNESTA acts quickly, so take it right before bed, and only if you have 8 hours to devote to sleep. Until you know how you will react to LUNESTA, you should not drive or operate machinery. Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problems. Walking, eating, driving or engaging in other activities while asleep without remembering it the next day have been reported. Other abnormal behaviors include aggressiveness, agitation, hallucinations and confusion. In depressed patients, worsening of depression including risk of suicide may occur. These risks may increase if you drink alcohol. Severe allergic reactions such as swelling of the tongue and throat occur rarely and may be fatal. Call your doctor if you experience these or any effects or reactions that concern you. LUNESTA, like most sleep medicines, carries some risk of dependency. Side effects may include unpleasant taste, headache, morning drowsiness and dizziness. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. For more information, please see the LUNESTA Medication Guide available at www.lunesta.com.



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