



# Are you on sleeping pills?

Many older adults are prescribed medications for difficulty sleeping or anxiety. But long-term use can be harmful and lead to dependency, memory problems, and falls.

Talk with your health care provider about how to safely cut back or stop medications.

Don't stop or change any medication before speaking with your health care provider.

[www.ChoosingWiselyCanada.org](http://www.ChoosingWiselyCanada.org)

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