



Do you have trouble sleeping?

You are not alone. Insomnia is one of the most common complaints with an estimated 3.3 million Canadians having difficulties sleeping.

Do you want to sleep without having to take sleeping pills?

Non-medication therapy for insomnia (NMTi) is an option for treating insomnia that does not require taking sleeping pills. A large body of evidence suggests that NMTi is as effective, or even more effective than sleep medication for managing long-term sleep problems.

**For more information,
talk to your pharmacist!**

Pharmacy contact information

PharmaZzz
Non-Medication Therapy for Insomnia



The path to a good night's sleep

What is NMTi

Non-medication therapy for insomnia (NMTi) focuses on identifying and changing habits and thoughts that are contributing to your sleep problem. Strategies that may be used in NMTi include time-in-bed restriction, stimulus control, sleep hygiene, cognitive therapy, and relaxation techniques. It is usually performed over 6-8 weeks in weekly or bi-weekly sessions.

Is NMTi right for me?

NMTi may benefit you if you have trouble falling asleep and/or staying asleep. Even if your sleep problems are related to conditions such as pain, depression, or anxiety, NMTi can still help you. However, if you have epilepsy, bipolar disorder, parasomnias (e.g., sleep-walking, night terrors), or other sleep disorders (e.g. sleep apnea), NMTi may not be recommended. During your first session, your pharmacist will help you determine if NMTi is right for you.



What if I'm taking sleeping pills?

During your first session, your pharmacist will discuss your sleep medication history with you and your thoughts on discontinuing or reducing the amount of medication that you use. Your pharmacist, along with your doctor, can make a plan to help you reach your medication goals.

What will be expected of me?

You will be expected to keep a daily sleep log for at least one week before beginning therapy and throughout the program. Without sleep logs, we would not have the information needed to continue therapy. You should also be able to follow-up with your pharmacist every one or two weeks during the therapy.

What can I expect?

NMTi is not easy and will require your commitment in order to see results. Some of the things you will be asked to do may make you sleepier during the first couple weeks. However, with your hard work, you could begin seeing results within 2-4 weeks. **“Short-term pain for long-term gain!”**

