



# PharmaZzz

Non-Medication Therapy for Insomnia



*The path to a good night's sleep*

## 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 therapies for insomnia (NMTi) such as the PharmaZzz program are options that do not involve sleeping pills. Evidence suggests these therapies are more effective than sleep medication for managing long-term sleep problems.

NMTi is a non-medication method for treating insomnia. It focuses on identifying and changing habits and thoughts that are contributing to your sleep problem

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