



Preparing for a consultation about sleep medications

Adults · French context · To complete on paper with your doctor or pharmacist. This worksheet does not select a treatment and is not a prescription.

1. Describe the problem

Appointment date: _____ How long has this been happening: _____

Frequency of difficult nights: _____ Impact during the day: _____

Trouble falling asleep, waking during the night or waking too early? Other symptoms, mood, pain, snoring or pauses in breathing:

Bedtime and wake-up times, naps, driving or high-risk activities planned for the next day:

2. Bring details of everything you actually take

Attach a list if needed: medications, over-the-counter products, supplements, alcohol and other substances. Mention pregnancy, breastfeeding, medical conditions, falls or any history of dependence.

Product and dose actually taken	Time taken and how long you have been taking it	Benefit or troublesome effect

3. Record decisions with your healthcare professional

Cause to investigate and access to CBT-I:

If a medication is chosen: nighttime and daytime goals, planned duration, interactions and alertness-related precautions to check:

What to do if you miss a dose, have too little time to sleep or experience an adverse effect:

Reassessment date: _____ Professional to contact: _____

Do not combine alcohol with sleeping pills, take multiple sedatives or increase sedative doses on your own. Do not abruptly stop regular treatment on your own: ask for support. Do not drive if you feel drowsy or dizzy.

Emergency in France: if someone is difficult to wake or is breathing abnormally after taking a substance, call 15 or 112. Independent medical review of the guide is still pending.