

SIMOA

*Stopping Insomnia Medications
in Older Adults*

You are invited to participate in a research study. The study is being conducted as an online survey by researchers from Dalhousie University in Halifax, Nova Scotia.

The issue:

One in 10 older adults in Canada take a sleeping pill on a regular basis, often for many months or years. Medical experts recommend short-term use due to their risks. However, stopping sleeping pills can be difficult. We want to learn about people's experiences when trying to stop sleeping pills (with or without success).

Participants

- 65 years of age and older
- Live independently in the community (not residing in long-term care)
- Sleeping pill use: either currently taking a sleeping pill or stopped taking a sleeping pill within the past 2 years

Survey

Before completing the survey, read the full details at bit.ly/simoa-1. The survey does require a fair bit of time to complete. Most people finish in 30 to 50 minutes. You can stop part way through and come back later to finish it.

Lead researchers

Dr. Andrea Murphy is an Associate Professor with the Faculty of Health and Dr. David Gardner is a Professor with the Faculty of Medicine. Both are at Dalhousie University in Halifax, Nova Scotia. Safe use of medications is their research priority.

Learn more about the SIMOA study and the research team at sleepstudy.ca. or [Facebook](#).