



Summary table of useful resources for healthcare professionals and patients/carers

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<i>Please note that this list is not exhaustive and it is recommended that sites develop their own tailored resource kit for promoting good sleep practices for all hospitalised patients.</i>		
Organisation	General clinician resources	Patient resources
Better Health Channel		<ul style="list-style-type: none"> • Sleep explained - link • Sleep – insomnia - link • Sleep hygiene - link • Mood and sleep – link • Sleep apnoea - link
NSW TAG		<ul style="list-style-type: none"> • Sleeping well in hospitals: Consumer Information Leaflet - link
Therapeutic Guidelines	<ul style="list-style-type: none"> • Topic: Insomnia, parasomnias and jet lag 	<ul style="list-style-type: none"> • Advice on good sleep practices - link
TED-Ed		<ul style="list-style-type: none"> • YouTube video: What causes insomnia? - Dan Kwartler - link • YouTube video: A walk through the stages of sleep – link • YouTube video: 6 tips for better sleep - link
Hilmer SN et al. TRGS 274 “Reducing inappropriate polypharmacy in older inpatients”, hosted on NSW TAG website.	<ul style="list-style-type: none"> • Deprescribing guides - link 	<ul style="list-style-type: none"> • Deprescribing Consumer Information Leaflets - link
Primary Health Tasmania (Tasmania PHN)	<ul style="list-style-type: none"> • Deprescribing resources – link (A guide to deprescribing antipsychotics, benzodiazepines & other medications) • A series of short videos about the deprescribing cycle - link 	<ul style="list-style-type: none"> • Managing Your Medications brochure - link • Managing Your Medications card - link
Canadian Deprescribing Network	Website: https://www.deprescribingnetwork.ca/useful-resources	<ul style="list-style-type: none"> • You may be at risk if you are: <ul style="list-style-type: none"> ○ taking one of the sedative-hypnotic medications – link ○ currently taking an antipsychotic drug – link • How to get a good night's sleep without medication - link
NPS MedicineWise	<ul style="list-style-type: none"> • Benzodiazepine dependence: reduce the risk - link <p>Dementia specific resources</p> <ul style="list-style-type: none"> • Health professionals’ guide to person-centred dementia care - link • Dementia and psychotropic medicines - link • Reviewing and tapering antipsychotic medicines for changed behaviour - link <p>Australian Prescriber articles</p> <ul style="list-style-type: none"> • Hypnotic hazards: adverse effects of zolpidem and other z-drugs - link • Concerns about quetiapine - link • Prescribing psychotropic drugs to adults with an intellectual disability - link 	<ul style="list-style-type: none"> • How to sleep right – link • Sleeping pills and older people: the risks - link <p>Dementia specific resources</p> <ul style="list-style-type: none"> • Medicines and dementia: other conditions - link

The Clinical Excellence Commission (CEC)	<ul style="list-style-type: none"> Reducing The Use Of Night Sedation: Information For Clinicians & Health Professionals - link Reducing Fall Risk for Patients on Sedating Medications: Information For Clinicians & Health Professionals - link 	
The Royal Australian College of General Practitioners (RACGP)	<ul style="list-style-type: none"> Prescribing drugs of dependence in general practice, Part B – Benzodiazepines - link Brief behavioural therapy: insomnia in adults - link GP guide to behavioural therapy for insomnia - link 	
Medical Journal of Australia	<ul style="list-style-type: none"> Sleep Disorders: A practical guide for Australian health care practitioners - link 	
South Australia Health	<ul style="list-style-type: none"> Sleep problems - Insomnia Management Kit (including assessment tools and fact sheets) - link 	<ul style="list-style-type: none"> Risks associated with benzodiazepines - link Sleep Medication fact sheet - link Management tools/fact sheets <ul style="list-style-type: none"> Sleep: Facts and Hygiene - link Stimulus Control Therapy - link Bedtime Restriction Therapy - link Bright Light Therapy - link Relaxation Therapy - link
Sleep Health Foundation	https://www.sleephealthfoundation.org.au/	<p>YouTube Videos suggested by the Sleep Health Foundation:</p> <ul style="list-style-type: none"> Sleep Regulation - the two processes that control when and why we sleep – link Sleep Hygiene - How to Sleep Better! - link Dementia related: The Four Ps: Danielle's tips on getting a good night's sleep - video
Sleep Disorders Australia	https://www.sleepoz.org.au/	
Australasian Sleep Association	<ul style="list-style-type: none"> On-the-spot Management Information For Health Professionals: Insomnia - link Search for an accredited sleep service Sleep Services Directory - link 	<p>Patient information sheets:</p> <ul style="list-style-type: none"> Sleeping tablets Good sleep habits Insomnia Dementia and sleep and more available on website.
Reconnexion	<ul style="list-style-type: none"> Treatment, support and information about benzodiazepine dependency and withdrawal, anxiety, insomnia and depression http://www.reconnexion.org.au/ 	
Best Practice Advocacy Centre New Zealand (BPACNZ)	<ul style="list-style-type: none"> I dream of sleep: managing insomnia in adults. Part 1: Diagnosis and non-pharmacological treatment - link Part 2: The ideal pharmacological approach for improving sleep - link 	<ul style="list-style-type: none"> Insomnia patient information leaflet (includes sleep hygiene information and an individualised sleep restriction form) - link
Health Education and Training Institute (HETI) NSW	<ul style="list-style-type: none"> eLearning module Safe use of benzodiazepines in the older person - link 	
Veterans' MATES	<ul style="list-style-type: none"> Helping veterans learn to sleep well - link 	<ul style="list-style-type: none"> SLEEP WELL, FEEL WELL - link

Dementia specific resources		
NSW Agency for Clinical Innovation	Aged Health Network <ul style="list-style-type: none"> Key Principles for Improving Healthcare Environments for People with Dementia - link 	
NSW Agency for Clinical Innovation (ACI) and the NHMRC Cognitive Decline Partnership Centre (CDPC)	CHOPs (Care of Confused Hospitalised Older Persons) Program <ul style="list-style-type: none"> Management of older people with confusion - link Resources and useful links - link 	
NSW Health	Assessment and Management of People with Behavioural and Psychological Symptoms of Dementia (BPSD). A Handbook for NSW Health Clinicians - link	
Dementia Australia	<ul style="list-style-type: none"> Home page: https://www.dementia.org.au/ 	<ul style="list-style-type: none"> Help sheet: Caring for someone with dementia: Sleeping - link
Veterans' MATES	<ul style="list-style-type: none"> Reducing the load: Medicines best avoided in patients with dementia - link 	
Safety information from regulatory authorities and professional organisations		
<p>Australian and New Zealand College of Anaesthetists (ANZCA) and ScriptWise</p> <ul style="list-style-type: none"> Combined use of opioids and benzodiazepines can be fatal, FPM and ScriptWise warn - link <p>Therapeutic Goods Administration (TGA) Australia</p> <ul style="list-style-type: none"> Opioids: boxed warning and class statements - link (Sedation, respiratory depression, coma and death may result from concomitant prescribing of opioids with CNS depressant medicines, such as other opioid analgesics, benzodiazepines, gabapentinoids, cannabis, sedatives, hypnotics, tricyclic antidepressants, antipsychotics, antihistamines, centrally-active anti-emetics and other CNS depressants) 		<p>Food and Drugs Administration (FDA) United States</p> <ul style="list-style-type: none"> FDA requiring Boxed Warning updated to improve safe use of benzodiazepine drug class. Includes potential for abuse, addiction, and other serious risks (23/9/20) - summary; news release; podcast; Viewpoint published in JAMA¹ Drug Safety Communication: serious risks and death when combining opioid pain or cough medicines with benzodiazepines; requires its strongest warning (31/08/16) - link- Drug Safety Communication: caution about withholding opioid addiction medications from patients taking benzodiazepines or CNS depressants: careful medication management can reduce risks (20/08/17) - link <p>Health Canada</p> <ul style="list-style-type: none"> Updates to safety labelling for benzodiazepines and benzodiazepine-like drugs (30/10/2020) - link <p>Medicines & Healthcare products Regulatory Agency (MHRA) United Kingdom</p> <ul style="list-style-type: none"> Benzodiazepines and opioids: reminder of risk of potentially fatal respiratory depression (18/03/2020) - link

References:

- Hirschtritt ME, Olfson M, Kroenke K. Balancing the Risks and Benefits of Benzodiazepines. *JAMA*. 2021;325(4):347-348.