

YAWNS NB – research for better sleep

NB has the highest rate of sleeping pill use among seniors, double that of the rest of Canada. Risks caused by sleeping pills increase with age, like falls and memory problems, and they can cause dependence making them hard to stop. However, there is a safer, more effective way to get a good night's sleep.

YAWNS NB is a research project for people 65 and older taking a prescribed sleeping pill. Each participant receives an information package by mail about new ways to get a good night's sleep that can help you become less dependent on sleeping pills. Study enrolment runs throughout 2021. For more information:

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