

# CAN ELDERLY SLEEP WITHOUT ANY MEDICATION?



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## Background

- The aim was to see how many people above the age of 65 are taking sleeping pills.
- We observed how many people use medications, what were the reasons for prescribing it, which drugs they take and if the use increases with age.

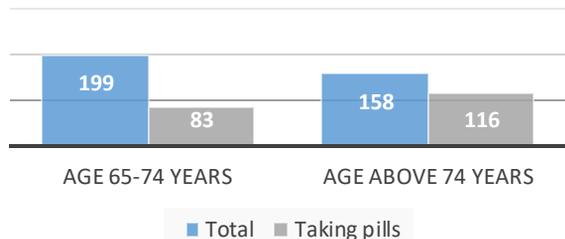
## Material & Methods

- We observed two family doctor practices in Slovenia. All patients above the age of 65 years were included.
- They were divided in two groups: 1<sup>st</sup> from 65 to 74 years and 2<sup>nd</sup> above 74 years.

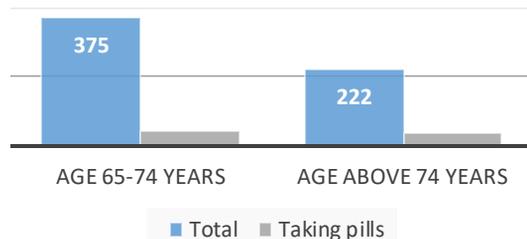
## Results

- 1st general practitioner office:
  - Number of patients: 1st group (65-74 yrs): 199 patients; 2nd group (>74 yrs): 158 patients.
  - Taking pills: 1st group: 83 people (41.7%); 2nd group: 116 people (73.4%).
  - Total number of patients in the office: 1899
- 2nd general practitioner office:
  - Number of patients: 1st group (65-74 yrs): 375 patients; 2nd group (>74 yrs): 222 patients.
  - Taking pills: 1st group: 41 people (10.93%); 2nd group: 36 people (16.22%).
  - Total number of patients in the office: 1853

1st general practitioner office



2nd general practitioner office



## Conclusion

- We can conclude that a lot of elderly people require some kind of sleep medication. We can also see that the use of medication increases with age.
- It is always the patients who ask for the medication, because they are experiencing insomnia which is interfering with their normal functioning.
- Medications most commonly prescribed are Zolpidem, Quetiapine, Trazonone and Mirtazapine. Less commonly Diazepam, Bromazepam and Alprazolam.
- It is hard to say that the use could be decreased, however doctors try to avoid benzodiazepines, because of their risk of addiction.