



DO YOU USE SLEEPING PILLS?



You're not alone—but they can come with risks like falls, memory problems, and more.

Help researchers create clear, supportive mailouts that encourage older adults aged 65+ to safely reduce or stop sedative use, and take steps toward safer, healthier sleep.

If you volunteer to take part in this research you will:

-  Participate in 1 or 2 co-design focus groups with peers
-  At a date and time that works for your schedule
-  In a location near you or virtually
-  Led by researchers and patient partners



You are eligible if you are:

Aged 65 or older and have taken sleeping pills at some point

OR

A family member or caregiver to someone 65 + who has taken sleeping pills

To Participate:



Email Us
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