

Sleep Aids & Talking with Your Doctor

Need more information about sleep aids and supplements? See the following resources:

- [Melatonin Side Effects: What Are the Risks?](#)
- [OTC Sleep Aids and Supplements: What's Best and Safe?](#)
- [Prescription Sleeping Pills: What's Right for You?](#)
- [Sleep Aids: Can Antihistamines Help Me Sleep?](#)

If you have questions about talking to your doctor, consider these resources:

- [Do I Really Need to Talk with My Doctor about My Sleep Problems?](#)
- [Sleep Talk with Your Doctor](#)
- [Evaluation of Sleep Disturbances](#)

