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Nighttime Safety and Medicine Review

Walk the route from bed to bathroom, and build one complete list of everything you take. This is not a deprescribing plan, a substitution, or a taper.

Call promptly, or call 911. New confusion, a recent fall or injury, an unsafe transfer, wandering, or severe next-day grogginess needs prompt clinical contact. Call 911 for serious injury, stroke-like symptoms, severe trouble breathing, not being able to wake someone, or immediate danger.

1 Walk the route you take at night, and check each one

Do this with the lights as they actually are at 2 a.m., not as they are now.

- ☐ The path from bed to bathroom is clear
- ☐ A light I can reach without getting up first
- ☐ A phone or call device within reach
- ☐ I can get in and out of bed safely
- ☐ Footwear that stays on and does not slip
- ☐ Loose rugs, cords, and pets accounted for
- ☐ Something else I noticed _____

Everything you take

Prescriptions, anything bought over the counter, supplements, alcohol, and cannabis. Include morning medicines too — something taken at breakfast can still be working at midnight, and listing only what you take after dinner hides half the picture. Many products sold for sleep contain an antihistamine, which is one of the classes that carries the most risk after 65.

Prescription, over-the-counter, supplement, alcohol, or cannabis	Dose and form, if you know it	When you actually take it	Pharmacist or prescriber notes

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *Sleep After 65: What Changed, and Which Sleep Aids to Avoid*. Clinical review: Fady Boules, PMHNP-BC.

A line to open with. "I want to review what may be affecting my sleep and my risk of falling, before I add or change anything."

1 **What I want reviewed first**

Ask one clinician or pharmacist to reconcile the whole list for duplicates and interactions — a pill organizer will not show you the same active ingredient appearing in two products.

2 **Anything about a recent fall, or a near fall**

Do not stop anything on your own. Some medicines, benzodiazepines among them, are not safe to stop abruptly after regular use. Bring this page to the person who prescribes, and decide together.

On a hard day. Photograph every label and write down one hazard in the room. Ask a pharmacist to build the full list with you.

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