3-93 Sleep and cognitive enhancers

TIPS Question:

Why is aricept given at hs when insomnia is one of its side-effects?

Response:

You are absolutely correct! One of the side effects of cholinergics is sleep disturbance including, at times, vivid dreams. Other side effects, however, which are perhaps more common, are the gastrointestinal side effects of cholinergic enhancers including Aricept.

Aricept, therefore, is often given in the evening so that these side effects occur during the night. However, if there is sleep disturbance, then Aricept in the morning is a good strategy.

Please note: *TIPS information should be used similar to the way you would use information from a text book! TIPS is not intended to serve as an individual consultation service! P.I.E.C.E.S. participants should use this information in context and always work closely with the family physician involved in the care of the resident or client and with other Partners In Care to find solutions to individual resident/client issues.*