

Press Release

## **Sleeping pills increase the risk for dementia – Current research results cause concern with pharmacists and consumers**

**Already for years sleep-promoting agents such as benzodiazepines and Z-substances have been suspected of increasing the risk for dementia. But they still continue to be sold. Which consequences the intake can have was explained by Prof. Hans Förstl from the Technical University Munich at the Deutscher Apothekertag 2018 (German Pharmacists Day 2018).**

"Are the sleeping pills the of cause dad's dementia?" – This question will continue to occupy doctor's assistant Lena W. for a long time. Like many other senior citizens her father was treated with benzodiazepines. She only found out by chance that there may be a connection between therapy and dementia: "For me personally, this is a scandal!"

On the occasion of the Pharmacists Day 2018 the German Pharmacists Journal also reported about the problematic effect of the preparations. Especially Prof. Förstl from the Technical University Munich is cited, who has deeply investigated the topic of dementia.

Medications with benzodiazepines initially do help with sleep disorders. But thereby they suppress the important REM sleep phases. During these phases the brain processes the experiences from the day and literally purifies itself. Harmful metabolic products such as beta-amyloids are transported out. If the detoxification process fails, it comes to deposits that increase the risk for developing dementia.

### **The risk for developing dementia nearly doubles**

The consequences are disastrous. Studies show that even patients who are only treated with benzodiazepines or Z-substances over a few weeks are in comparison more frequently afflicted with dementia later. With certain patient groups the risk is nearly double as high, reports the German Pharmacists Journal after the lecture from Prof. Förstl. But senior citizens like the father of Lena W. are nevertheless prescribed them.

Thereby alternatives have long been available that even help to decrease the risk for dementia: Meanwhile numerous care facilities count on therapy mattresses with MiS micro-stimulation. These ensure restful sleep even with age-related diseases such as Parkinson's disease, chronic pain or an already existing dementia – and completely without risks and side effects.

### **Micro-stimulation instead of medication**

Their mode of operation is very simple. Tiny wing springs in the core of the therapy mattresses return every movement back to the person on the mattress as micro-impulse. The sleep is deeper, less fragmented and existing symptoms like pain or cramps are alleviated. The important REM phases can occur again.

Even Alzheimer's patients such as Lena W's father provenly respond positively to the system. Through the impulses in their bed they feel more secure, get up less frequently at night and the next morning they are able to actively participate in the daily activities in spite of their disease. Through the improved sleep, the progression of the dementia can significantly slow down. The quality of life remains maintained for longer. By the way, for everyone who is still healthy but nevertheless wishes to prevent dementia Prof. Förstl has a tip: Sleep on the side more frequently! Through this the brain is naturally supported in removing harmful substances during the REM sleep phases.

## Blog

### **Are sleeping pills the cause for developing dementia? – German Pharmacists Journal warns against risks and side effects.**

**Many consumers already know that sleeping pills are not a permanent solution. With the presence of other diseases the evening chemical cocktail additionally burdens the body. Its positive effect already declines again within a short period of time.**

But hardly anyone anticipates that sleep-promoting agents could already have devastating consequences for the health after a few weeks of intake. Meanwhile the suspicion of many researchers is becoming more tangible: Sleep-promoting agents on the basis of benzodiazepines or Z-substances apparently significantly increase the risk for developing dementia.

Within the scope of the German Pharmacists Day Prof. Hans Förstl from the Technical University Munich explained the background information to colleagues and media representatives: Although the preparations initially promote the sleep, they however suppress the important REM phases, in which the mind normally processes the experiences from the day and harmful metabolic products are transported out from the brain.

The thereby created deposits favor the development of Alzheimer's disease. So that it does not come this far everyone can do something for themselves. Sleeping on the side supports the self-purification process, the German Pharmacists Journal reports after the lecture from Prof. Förstl. Mattresses with micro-stimulation help to come to rest in the evening and to sleep through the night, even with the presence of prior diseases such as depression, Parkinson's disease or chronic pain. – Completely without risks and side effects.

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"Does my sleep-promoting medication increase the risk for developing dementia?" New research results corroborate the suspicion of many scientists. Read now why it is better to avoid certain substances and what you can do to sleep better through the night anyway.