

## **Solutions to Being Asleep When Time to Give Medicine**

You might consider some of the following ways to work on the problem you identified of being asleep when it is time to give your child his or her medicine.

### **Set alarm to wake up**

Perhaps you can set an alarm for yourself so you can wake up to give your child his/her medicine.

### **Shift medicine schedule**

Perhaps you can shift your child's medicine schedule so that it doesn't need to be given when you are asleep. Talk to your doctor about this possibility.