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What Is Zolpidem?

Zolpidem is a receptor modulator and a **non-benzodiazepine** medication sold under the brand name Ambien. It is primarily used in the short-term treatment of **insomnia**, aimed at people with sleep disorders that cause an inability to fall and stay asleep.

This medication is classified as a class IV controlled substance regulated by drug enforcement agencies. It belongs to the central nervous system (**CNS**) **stimulant** group of medicines, which slows down the nervous system and promotes relaxation.

Zolpidem tartrate capsules are indicated for the short-term treatment of transient insomnia characterized by difficulty initiating sleep in adults. This medication works by affecting the gamma-aminobutyric acid in the brain to improve sleep and promote relaxation.

Other medications in the sedative-hypnotics class include drugs like **eszopiclone (Lunesta) and zaleplon (sonata)**, which also treat sleep issues but may differ in how quickly they act or how long they last.

Who Should Use Zolpidem?

- **Insomnia** – people who have sleep disorders and those who are experiencing difficulty during sleep initiation or waking up in the night must consult a doctor and use Zolpidem to get faster and better quality sleep throughout the night.
- This medication helps in faster sleep initiation and staying asleep throughout the night in a person with sleep disorder or Insomnia. Most adults aged **18 years** or older can use Zolpidem on a doctor's prescription.
- Those who are suffering from insomnia caused by anxiety or depression can also use this medication on prescription. This medication is advised to be taken just before bedtime, as it starts working within **15 – 30 minutes**.
- It is important to maintain a sleeping schedule of at least **7 – 8 hours** before taking the dose to avoid feeling

groggy or impaired the next morning. This medication is recommended for the short-term treatment of about **7 – 10 days**.

Who Should Not Take Zolpidem?

You must avoid using it if you have or are suffering from any of these health conditions –

- Continuing any other medication
- Using herbal supplements
- Allergic to Zolpidem or other medications
- Have breathing problems or sleep apnea
- Myasthenia gravis
- Kidney or liver problems
- Dependency on alcohol or drugs
- Suffering from mental health conditions
- Women who are trying for pregnancy or already pregnant

Be honest and speak to your doctor if you have any of the conditions mentioned above.

Dosing Information

The dose of this medication depends on factors such as age, health, and in-depth assessment by a doctor. It is prescribed for short-term pain due to its potential for abuse, misuse, and addiction.

To Treat Insomnia In Adults

Immediate-Release Tablets –

- The initial recommended dose of the immediate-release tablet is **5 mg for women** and **5 – 10 mg for men**, to be taken once per night just before bedtime.
- For older adults, the dose should be Zolpidem 5 mg to be taken once per night just before bedtime, as they are more sensitive to the effects of sedative-hypnotics.

Extended-Release Tablets (maintenance dose) –

- For adults, the usual starting dose is **6.25mg for women** and **6.25 – 12.25mg for men**, to be taken just before bedtime.

- For older people, the dose should be **6.25mg**, taken just before bedtime, to reduce the risks of side effects.

Sublingual Tablets –

- For adults, the dose is typically **1.75mg for women** and **3.5mg for men**.

Zolpidem Side Effects

Immediately contact a doctor or a healthcare professional if you experience any of the signs and symptoms of side effects while using this medication to cure them before it can cause any serious health problems.

Common Side Effects Of Zolpidem

- Headache
- Dizziness
- Sleepiness
- Nausea
- Diarrhea
- Back pain
- Metallic taste in the mouth

Some Serious Side Effects Of Zolpidem

- **Muscle pain** – It can cause myasthenia gravis, a condition that causes muscle pain.
- **Anxiety** – Zolpidem can cause anxiety, and it can also worsen existing anxiety.
- **Hallucination** – It can cause hallucinations that can be auditory or visual, causing symptoms like seeing or hearing things that are not real.
- **Suicidal thoughts** – They can cause or worsen depression, which can lead to having thoughts of suicide or harming yourself.
- **Unsteady walk/ sleepiness** – Taking Zolpidem can make you feel drowsy or sleepy, which can cause shaking and unsteady walking.
- **Loss of memory** – Zolpidem can cause memory loss that makes it difficult for you to recall a memory.
- **Difficulty swallowing** – You must contact a doctor if you experience itching, rashes, hives, or difficulty in

breathing or swallowing.

What To Avoid While Using Zolpidem?

To prevent any severe side effects, withdrawal symptoms, and drug interaction. You must know these things before using Zolpidem to ensure its safety and effectiveness.

- Avoid using Zolpidem without consulting a doctor if you have myasthenia gravis or sleep apnea.
- Do not use Zolpidem if you are suffering from any mental health conditions such as anxiety, panic disorder, or depression.
- Stop using this medication if you see any allergic reaction while using Zolpidem.
- Consult a doctor, and take a lower dose of this medication if you are 65 years or older than that.
- Avoid using this medication during the daytime; instead, take the doses at night just before bedtime as prescribed by your doctor.

Final Words

These medications contain a higher risk of abuse, misuse, and addiction, and using this medication without a doctor's prescription may lead to unintentional overdose that may prove to be life-threatening to one's health.

If you forget to take a dose of this medication, you must take it as soon as you remember. If it's late, skip it and avoid repeating or taking two doses simultaneously.

Overdose of Zolpidem can result in loss of appetite, and most people use it to stay away from stress and to get a better quality sleep, but it can prove to be fatal to their health.

*Do you have insomnia or a sleep disorder? Place your order right now to buy Zolpidem online **Get Up To 25% discount using Coupon Code – WELL25 from 'Pills Anxiety.'***

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