

Zolpidem (pron. zol-pea-dem)

What is zolpidem used for?

Zolpidem (also known as Stilnoct[®]) is mainly used to help treat insomnia i.e. problems getting to sleep. It is made as tablets.

What is the usual dose of zolpidem?

The usual dose of zolpidem is around 5-10mg at night.

How and when should I take zolpidem?

Swallow the tablet with at least half a glass of water whilst sitting or standing. This is to make sure that it reaches the stomach quickly and does not stick in your throat. Take your zolpidem at night, as you go to bed. There is no problem about taking zolpidem before, with, or after food.

How long will it be before zolpidem works?

Zolpidem usually starts to work in about 15 minutes. The effect wears off in about 2-4 hours or so.

How long will I need to keep taking zolpidem for?

It is not a good idea to take it every night as the effect may start to wear off.

Can I stop taking zolpidem suddenly?

Zolpidem is not addictive as such, although some people have abused them. Some people get something called "rebound insomnia" when they stop a sleeping tablet. This means they find it even more difficult to get to sleep than before. It is best to take zolpidem only when you need it but if you have taken it every night for more than a few weeks, it might be best to reduce the dose slowly over a few days. You should discuss this fully with your doctor, nurse or pharmacist.

What should I do if I forget to take a dose of zolpidem?

If you forget a dose one night, just wait until the next evening.

Can I drink alcohol while I am taking zolpidem?

If you drink alcohol while taking zolpidem it may make you feel more sleepy, especially the next morning. This is particularly important if you need to drive or operate machinery and you must seek advice on this.

What sort of side-effects might I get if I am taking zolpidem?

Some people get:	A few people get:
<ul style="list-style-type: none"> Hallucinations (seeing things that aren't there) Feeling tired the next day Diarrhoea (the runs) Vivid dreams 	<ul style="list-style-type: none"> Confusion Sleep-walking (very rare)

Do not be worried by this list of side effects. Some people get no side effects at all and others may get some effects that are not listed here. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist.

Can I drive or cycle while I am taking zolpidem?

Zolpidem should not affect your ability to drive, but it can cause a little dizziness and lightheadedness. You should be careful as it may slow down reaction times. Until you know how zolpidem affects you, be careful about driving or operating machinery.

The small print: This short leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL) or visit our website for more information. Do not share medicines with anyone else.