

Zopiclone (pron. zo-pea-clone)

What is zopiclone used for?

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

What is the usual dose of zopiclone?

The usual dose of zopiclone is 3.75 to 7.5mg at bedtime.

How and when should I take zopiclone?

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 and does not stick in your throat. Take your zopiclone at night, about 15 minutes before going to bed. There is no problem about taking zopiclone before, with, or after food.

How long will it be before zopiclone works?

Zopiclone usually starts to work in about an hour. The effect wears off in about 4-8 hours or so.

How long will I need to keep taking zopiclone for?

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

Can I stop taking zopiclone suddenly?

Zopiclone 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 zopiclone 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 zopiclone?

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

Can I drink alcohol while I am taking zopiclone?

If you drink alcohol while taking zopiclone 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 zopiclone?

Most people get:	A few people get:
<ul style="list-style-type: none"> A metallic taste in the mouth 	<ul style="list-style-type: none"> Feeling sick Hangover the next morning Feeling tired the next day Headache 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 zopiclone?

Zopiclone 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 your reaction times. Until you know how zopiclone 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.