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PSYCHIATRY

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PATIENT EDUCATION

Ramelteon

Rozerem / Generic tablets

A guide for adults taking ramelteon.
Follow the directions on your prescription and your provider's recommendations.

ADULT SLEEP-ONSET INSOMNIA | TABLET: 8 MG • NOT A CONTROLLED MEDICINE

Formulations: An oral tablet is taken shortly before bedtime. It is not intended as a middle-of-the-night extra dose.

What it is used for

Ramelteon treats insomnia characterized by difficulty falling asleep. It is not a controlled substance. Ongoing sleep problems still warrant assessment and consideration of CBT-I.

How it works

It activates melatonin MT1 and MT2 receptors involved in sleep timing. This differs from GABA-acting sleeping medicines, but drowsiness and impaired alertness remain possible.

What to expect over time

Sleep onset may improve early. Review persistent insomnia after seven to ten days rather than increasing the dose. Effects are usually assessed with sleep timing and next-day functioning.

Taking your medication

- Take within 30 minutes of bedtime and prepare to sleep.
- Do not take with or immediately after a high-fat meal.
- Skip a missed bedtime dose; do not double or take a replacement late at night.
- Avoid alcohol and unreviewed sleep medicines.

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RAMELTEON / 02

Side effects and safety

Possible side effects

- Dizziness, sleepiness, or fatigue
- Nausea
- Possible next-day impairment

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Report unusual sleep behavior, worsening depression, or persistent sedation. Changes in menstrual periods, breast discharge, libido, or fertility may warrant hormone evaluation.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Do not combine with fluvoxamine. Discuss severe liver disease, sleep apnea, breathing problems, depression, and prior complex sleep behavior.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Fluvoxamine markedly raises ramelteon exposure and is contraindicated. Other enzyme inhibitors or inducers can also change exposure.

Alcohol and other sedatives add impairment; review every sleep, allergy, and psychiatric medicine.

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Living with your treatment

When to get help

Emergency symptoms. Call 911 for throat swelling, trouble breathing, collapse, or a severe allergic reaction.

Prompt medical advice. Contact your provider immediately for sleep-driving or other activity while not fully awake, major mood changes, or marked next-day impairment.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can it cause morning grogginess?
Yes. Being noncontrolled does not guarantee normal alertness the next day.

Is it the same as an OTC melatonin supplement?
No. It is a prescription medication with its own dose, interaction, and safety instructions.

Everyday tips

Keep a consistent wake-up time and reduce bright light near bedtime.

Use a brief sleep diary to review benefit.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

Official prescribing information: ramelteon

Educational handout; does not replace your prescription or provider's recommendations.