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PSYCHIATRY

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PATIENT EDUCATION

Zaleplon

Sonata / Generic capsules

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

SHORT-TERM SLEEP AID | CAPSULES: 5, 10 MG • SCHEDULE IV

Formulations: Oral capsules are taken at bedtime under the prescribed plan. Do not use another sleep medicine's middle-of-the-night instructions.

What it is used for

Zaleplon treats short-term insomnia involving difficulty falling asleep. Its short duration means it may not help repeated awakenings or early-morning waking.

How it works

It enhances GABA activity at a benzodiazepine-receptor site. Short action does not eliminate memory problems, impairment, or complex sleep behaviors.

What to expect over time

Sleep may improve from the first few nights. Review persistent insomnia rather than increasing doses yourself. Keep a brief record of bedtime, awakenings, wake time, and next-day alertness.

Taking your medication

- Take only when ready for bed with a full seven to eight hours available for sleep under U.S. labeling.
- A heavy or high-fat meal can delay the effect.
- Skip a missed dose if the full sleep window is unavailable. Never double or add another dose that night.
- Avoid alcohol and unreviewed sedatives.

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ZALEPLON / 02

Side effects and safety

Possible side effects

- Sleepiness, headache, or dizziness
- Vivid dreams or nightmares
- Next-day impairment or falls

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.

Watch for next-day impairment, memory gaps, falls, and unusual nighttime behavior. Serious complex sleep behaviors can occur even with a first dose and without alcohol.

Tolerance, dependence, and misuse are possible. After regular use, consult with your provider before stopping; rebound insomnia and withdrawal may occur.

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 use if you have had complex sleep behaviors with zolpidem, zaleplon, or eszopiclone. Discuss breathing problems, sleep apnea, liver disease, falls, depression, and substance use.

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.

Avoid alcohol and do not combine with another insomnia medicine unless your provider has specifically reviewed the plan. Opioids and other sedatives increase impairment.

Some antibiotics, antifungals, antivirals, and seizure medicines change drug levels. Review grapefruit and all new medicines.

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Living with your treatment

When to get help

Emergency symptoms. Call 911 for slow breathing, inability to wake, or a severe allergic reaction.

Prompt medical advice. Stop the medication and contact your provider immediately after sleepwalking, sleep-driving, or other activities while not fully awake. Report worsening depression or disturbing sleep-related experiences.

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

Your questions answered

What if I do something in my sleep?
Stop taking the medicine and contact your provider immediately. Do not restart it after a complex sleep behavior such as sleep-driving.

Can I stop after regular use?
Consult with your provider about a stopping plan. Sleep may briefly worsen, and some people need a gradual reduction. CBT-I can help with ongoing insomnia.

Everyday tips

Keep a consistent wake-up time and allow adequate sleep.

Avoid driving or dangerous work when drowsy, even if you think you slept enough.

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: zaleplon

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