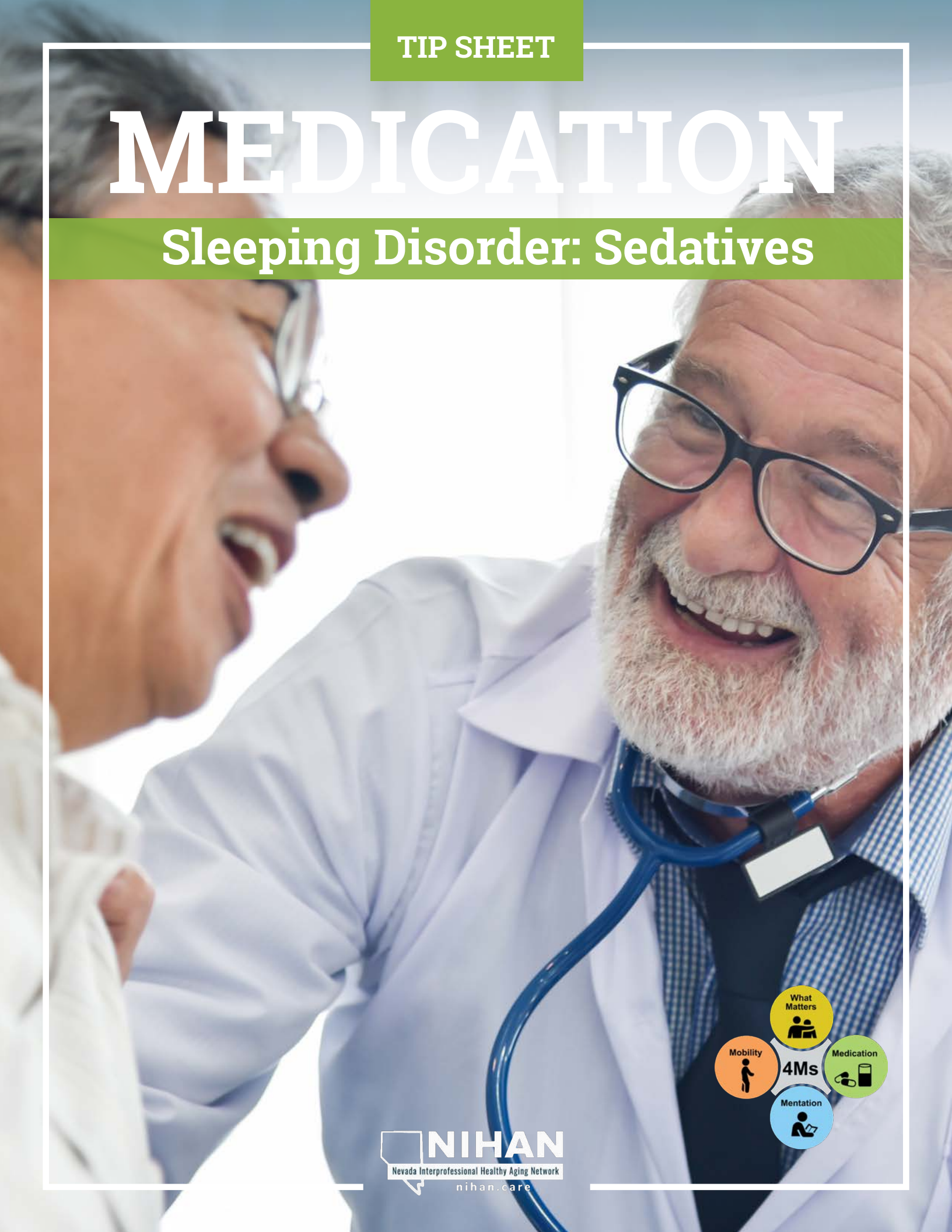


MEDICATION

Sleeping Disorder: Sedatives



What are sedatives?

Sedatives are prescription medications used for people that have trouble sleeping.

What are some examples of sedative medications?

There are different types of sedative medications. Some common examples include:

Zolpidem (Ambien®) • Eszopiclone (Lunesta®)
Zaleplon (Sonata®)

What side effects can I experience with sedatives?

Sedatives may lead to side effects in some patients. These side effects include:

Hallucinations • Dizziness • Confusion
Feeling a lack of physical balance • Change in balance
Memory problems • Feeling weak

Is there anything I should do differently if I am taking a sedative medication?

It is important to avoid alcohol while taking any of these sedative medications. Do not take this medication if you drank alcohol that evening or before bed.

Can I continue taking sedatives for a long time?

It is important to understand that sedatives can be habit-forming with long-term use.

