TIP SHEET

MEDICATION

Sleeping Disorder: Sedatives



What Matters

4Ms

Mentation

Medication

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Mobility





What are sedatives?

What are some examples of sedative medications?

What side effects can I experience with sedatives?

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

Can I continue taking sedatives for a long time? Sedatives are prescription medications used for people that have trouble sleeping.

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

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

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

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.

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





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