



OTHER INFO

- Gamma-aminobutyric acid (GABA) medication.
- Must get 7-8 hours of sleep.
- Should go to bed right after taking the pill.
- Despite the marketing, clinical findings report these pills only help you fall asleep 10 mins. faster & stay asleep 30-60 mins. longer.

WHY IS IT A CONTROLLED SUBSTANCE?

- Can increase risk of dizziness, nausea, or faintness if taken with alcohol (especially with Ambien).
- Taking higher dose than required can increase risk of complex sleep-related behavior.
- At risk if you take other medication with it.

PRESCRIBED USE

Help fall asleep and/or stay asleep

MEDICATION NAMES

Doxepin (Silenor); Estazolam; Eszopiclone (Lunesta); Ramelteon (Rozerem); Temazepam (Restoril); Triazolam (Halcion); Zaleplon (Sonata); Zolpidem (Ambien, Edluar, Intermezzo, Zolpimist);

WARNING

Ambien can stay in the body for up to 4 hours after taking the pill!

SLEEPING PILLS



Zombie Pills
STREET NAMES
A-Minus

SIDE EFFECTS

- Dizziness or lightheadedness;
- Prolonged drowsiness
- Severe allergic reaction
- Sleep behaviors (sleep-driving or sleep-eating)
- Daytime memory & performance problems
- Gastrointestinal problems
- No memory of events after taking pills

SOURCES

- <http://prescription-drugaddictionblog.org/how-long-does-ambien-stay-in-your-system/>
- <http://www.webmd.com/sleep-disorders/features/sleeping-pill-safety-10-dos-and-donts#1>
- <https://www.prescriptiondrugabuse.org/Prescription-Drug-Slang-and-Street-Terms.htm>
- <http://www.mayoclinic.org/diseases-conditions/insomnia/in-depth/sleeping-pills/art-20043959>

