**Sleeping Pills**

- **Prescribed Use**: Help fall asleep and/or stay asleep.
- **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.

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

**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.

**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.

**Why is it a Controlled Substance?**
- Ambien can stay in the body for up to 4 hours after taking the pill!

**Street Names**
- Zombie Pills
- A-Minus

**Sources**
- [https://www.prescriptiondrugabuse.org/Prescription-Drug-Slang-and-Street-Terms.htm](https://www.prescriptiondrugabuse.org/Prescription-Drug-Slang-and-Street-Terms.htm)