PATIENT & CAREGIVER EDUCATION

Zolpidem

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Ambien; Ambien CR; Edluar; Zolpimist [DSC]

Brand Names: Canada

APO-Zolpidem ODT; JAMP-Zolpidem ODT; MINT-Zolpidem ODT; PMS-Zolpidem ODT; PRO-Zolpidem ODT; Sublinox

Warning

- Some people taking this drug have done things like sleepwalking, sleep driving, making and eating food, having sex, or other actions while not fully awake. Rarely, this has led to severe injuries or death. Most of the time people do not remember doing these things. If this happens, stop giving your child this drug and tell your child's doctor right away.

What is this drug used for?

Tablets:

- It is used to treat sleep problems.
- This drug is not approved for use in children. The chance of side effects like dizziness and hallucinations may be raised in children. However, your child's doctor may decide the benefits of taking this drug may outweigh the risks. Talk with the doctor if you have questions about giving this drug to your child.

All other products:

- This drug is not approved for use in children. Talk with the doctor.
- If your child has been given this drug, talk with the

doctor about the benefits and risks. Talk with the doctor if you have questions or concerns about giving this drug to your child.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has liver disease.
- If your child is taking any drugs or natural products used for sleep. There are many products used for sleep. Ask your child's doctor or pharmacist if you are not sure.
- If your child has taken this drug or a drug like this one in the past and has done any tasks or actions while not fully awake.
- If your child is taking any of these drugs: Rifampin or St. John's wort.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs

and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have your child avoid tasks or actions that call for alertness until you see how this drug affects your child. These are things like riding a bike, playing sports, or using items such as scissors, lawnmowers, electric scooters, toy cars, or motorized vehicles. Your child may still feel sleepy the day after taking this drug. Have your child avoid these tasks or actions until your child feels fully awake.
- Do not give this drug to your child for longer than you were told by the doctor.
- When sleep drugs are used nightly for more than a few weeks, they may not work as well to help your child sleep. This is known as tolerance. Only give your child sleep drugs for a short time. If your child's sleep problems last, call the doctor.
- Long-term or regular use of this drug may lead to

dependence. Stopping this drug all of a sudden may lead to signs of withdrawal. Talk to your child's doctor before you lower the dose or stop giving this drug. You will need to follow the doctor's instructions. Tell your child's doctor if your child has any bad effects.

- Do not let your child take naps.
- To lower the chance of feeling dizzy or passing out, have your child rise slowly if your child has been sitting or lying down. Have your child be careful going up and down stairs.
- Alcohol may interact with this drug. Be sure your child does not drink alcohol.
- Talk with your child's doctor before your child uses marijuana, other forms of cannabis, or prescription or OTC drugs that may slow your child's actions.
- If your child has phenylketonuria (PKU), talk with your child's doctor. Some products have phenylalanine.
- This drug may cause sleepiness or lower alertness. This may lead to falls and injuries that may be very bad. Very bad injuries like broken hips and bleeding in the brain have happened. Talk with the doctor.
- If your child is a female, give this drug with care. She could have more side effects.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.
- Taking this drug in the third trimester of pregnancy may lead to some health problems in the newborn. Talk with the doctor.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- New or worse behavior or mood changes like depression or thoughts of suicide.
- Hallucinations (seeing or hearing things that are not

there).

- Feeling confused.
- Not thinking clearly.
- Trouble breathing, slow breathing, or shallow breathing.
- Change in balance.
- Change in eyesight.
- Memory problems or loss.
- A very bad reaction called angioedema has happened with this drug. Sometimes, this may be life-threatening. Signs may include swelling of the hands, face, lips, eyes, tongue, or throat; trouble breathing; trouble swallowing; or unusual hoarseness. Get medical help right away if your child has any of these signs.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Feeling dizzy, tired, or weak.
- Feeling sleepy the next day.
- Headache.

- Upset stomach.
- Diarrhea.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

- If your child still has trouble sleeping after 7 to 10 days, call your child's doctor.
- Give at bedtime.
- Give this drug right before your child gets into bed.
- Give this drug only 1 time per night.
- Give on an empty stomach.
- Do not give with or right after a meal.
- Do not give this drug unless your child can get a full night's sleep (at least 7 to 8 hours) before needing to be active again.

What do I do if my child misses a dose?

- If your child takes this drug on a regular basis, give a missed dose as soon as you think about it.
- If your child will not be able to get a full night's sleep (at least 7 hours) after taking the missed dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.
- Do not give more than 1 dose of this drug in the same day.
- Many times this drug is given on an as needed basis. Do not give to your child more often than told by the doctor.

How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Store this drug in a safe place where children cannot see or reach it, and where other people cannot get to it. A locked box or area may help keep this drug safe. Keep all drugs away from pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be

drug take-back programs in your area.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care

provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

Last Reviewed Date

2026-11-05

Copyright

© 2026 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Zolpidem - Last updated on December 12, 2022

All rights owned and reserved by Memorial Sloan Kettering Cancer Center

Memorial Sloan Kettering Cancer Center