

# Ambien 10mg

Who doesn't love a deep and uninterrupted sleep after a long workday? You are right! Everyone does. But, for some people, it remains a dream.

Insomnia is a medical condition that affects an individual's sleep pattern making it hard for them to fall asleep. Luckily, there are medications to treat insomnia and other sleep disorders that help you have a good night's sleep.

One such lifesaver is Ambien 10mg. A sleeping pill made just for you. Read on to learn more about it.

## What Is Ambien 10mg?

In simple words, Ambien is a sleeping pill. Ambien is used for sleeping disorders among adults like insomnia. It belongs to sedative-hypnotics, a class of medicine that is used to calm down the nervous system.

This member from the group of central nervous system depressants treats unsleepiness by balancing the chemicals in the human brain. As a result, the intaker will be fast asleep and have a peaceful sleep throughout the night.

Ambien is a prescription medicine which means it is available only if your doctor has prescribed it. Ambien 10mg should not be used for the long term but a maximum of 2 weeks.

## How Does Ambien Work?

Ambien increases the activity of the brain chemical called GABA. GABA is responsible for the sleeping process. When the chemicals are imbalanced, a person has a hard time sleeping. Ambien balances the chemical and relaxes the brain down to make you fall asleep.

## Ambien Dosage

The dosage of Ambien differs from patient to patient. One must strictly follow their doctor's prescription and should not take medicine without the doctor's order. Below are the doses of medicine; however, they are research-based and indicate an average quantity.

The dosage depends on different factors such as the time gap between doses, your age, gender, the strength of the drug, and the condition you are treating with it.

## Trouble falling asleep

**Children:** This drug is not recommended for children.

**Adults ( 18-64 years):** 5gm is usually prescribed to women initially while 10mg to the men. One should take it right before bedtime and only when they have at least 7 hours to sleep. 10mg is the maximum dose one can intake.

**Older people( 65 or 65+ years):** As we age, our body does not function as effectively as it used to; hence people who are 65 or 65+ will take longer to process the drug resulting in a high risk of side effects. You should take a lower dose, for example, 5mg, or try other treatments to fix your sleep disorder.

## Trouble staying asleep

**Children:** This drug is not recommended for children.

**Adults( 18-64 years):** 6mg for women while 10 - 12 mg for men right before sleeping and only once a day.

**Older people( 65 or 65+ years):** due to weak livers, the dose might stay in your body way longer than it should be, causing harm. Try to use a safe alternative instead.

## Trouble sleeping again after waking up

**Children:** This drug is not recommended for children.

**Adults( 18-64 years):** 2mg for women and 4 mg for men will do the work if taken once at night and right before hitting the bed.

**Older people( 65 or 65+ years):** people of this age are advised to take Ambien as the minimum possible and only when there is no other option. Otherwise, it is better to go for some other suitable treatment for this age.

## How To Use Ambien?

Take this medicine on an empty stomach at night. Since this medicine is for treating insomnia, it will start working right after intake, so take it before going to bed. Do not take it with food as food will lower its process.

Make sure you have 7- 9 hours remaining to sleep or at least 4+ hours. Otherwise, you can put your life in danger as you will spend the day tired and lose your memory. You might have difficulty performing activities that require alertness, like driving or operating machines.

## What Is Ambien Used For?

This medicine is used by individuals who have sleeping troubles like difficulty sleeping, waking up in the middle of the night, or waking up early and tired.

These types of problems cause distress and impact your mental health. The doctor will closely look into your situation and prescribe you the form of Ambien best for your condition.

This oral tablet has three forms, i.e.;

1. **Ambien**- The immediate release. It releases in your body right after taking it.
2. **Ambien CR**- The extended-release. It releases in your body gradually.
3. **Edluar**- The sublingual. It dissolves under the tongue.

The first form, Ambien( immediate-release), will help you fall fast asleep right after you go to bed. The second form, Ambien CR( extended-release), has two layers. The first layer dissolves immediately to make you fall asleep, while the second layer takes time to dissolve and keeps you asleep the whole night.

If you go through the same problem even after a two-week course, there might be some underlying issues that need to be diagnosed.

## Ambien Warnings

Following are some warnings for patients with certain health conditions.

## **Pregnant Women:**

This drug might be dangerous for women who are expecting. Research showed negative results when Ambien reacted with an animal's fetus. However, there is no proof that this drug will respond similarly to the human fetus.

Suppose a pregnant woman has been intaking zolpidem, especially in the last three months. In that case, there are chances that her newborn will be born with breathing problems and abnormal sleeping capacity.

It is advised to tell your doctor if you are on this drug while being pregnant. If you are planning to start a family or get the good news while you are on this drug, you should contact your doctor for safety purposes.

## **Depressed People:**

If you are going through depression, then this drug might make it worse. Tell your doctor about this condition beforehand to avoid any circumstances.

## **People With Liver Disease:**

This drug is dangerous for people with liver problems or damaged liver. Our liver is responsible for the processing. If the liver is weak, it will not be able to process the drug.

Hence, the drug will stay longer in your body, causing a severe condition named hepatic encephalopathy. This deadly condition affects the function of your brain.

## **Women Who Breastfeed:**

Mothers who breastfeed will have a hard time as they need to choose between this drug and breastfeeding. The medicine can pass into your milk, putting your child's life in danger. That is why you will have to give up on one.

## **People With Sleep Apnea:**

Warning! If you are suffering from sleep apnea, this medication may worsen your breathing problem as it can lower your blood oxygen levels, resulting in shallow breathing.

## **People With Myasthenia Gravis:**

People with the mentioned disease have low oxygen levels in their blood. Taking this drug will result in slower breathing.

## **Ambien Precautions**

Never increase or decrease your Ambien dose without your doctor's permission. In the last few days of the course, the doctor will ask you to reduce the amount, and after that, you can quit it altogether.

Never take an overdose, even if the prescribed dose is not working. Wait for the next day and discuss it with your doctor. Taking overdose or Ambien with alcohol may cause episodes of vomiting and breathlessness.

Do not take Ambien with other medicines as the medicines may interact with each other. If you are already using medicines, vitamins, or herbal treatments, do not forget to mention it while seeing the doctor.

## **Possible Side Effects Of Ambien**

Like any other medicine, Ambien also has some side effects. It can cause severe or milder side effects, while people don't have any side effects in some cases.

If you are a cautious or sensitive person, it is recommended to discuss it with your doctor before taking medicine.

## **Common Side Effects**

These are the most common side effects that you might feel while taking this medicine. However, these effects do not stay for long. If you feel these effects even after 1 /2 days, you should see your doctor.

- Pain in the muscles
- Diarrhea
- Drowsiness or dizziness
- Chest pain
- Headache
- Irregular heartbeat
- Dry mouth

- Lightheadedness
- Nausea
- Abdominal pain

## **Severe Side Effects**

Although the chances are low, Ambien can cause serious side effects in some cases. If you have any of the following side effects, you should immediately stop using Ambien and see your doctor.

## **Allergic Reaction**

The symptoms of an allergic reaction include trouble in breathing and swelling of your face, tongue, ankles, legs, arms, and lips. Other symptoms of allergic reaction are itching or rashes.

## **Depression**

If you have depression, there are chances that this medicine will make it worse. Some of the symptoms include unliveliness or harmful thoughts like suicide or hurting yourself.

A person might lose interest in activities, everyday chores, work, etc. Other symptoms include trouble concentrating, weight loss/ gain, and feeling worthless.

## **Strange behaviors**

In this case, the person behaves differently from how he usually behaves. For example, a reserved person will behave outgoing or extroverted. Another symptom of abnormal behavior is hallucination. It means a person will see, hear or feel things that are not actually there.

## **Sleep depriving behavior**

This is one of the most dangerous side effects as it can also lead to an incident that you might not want to happen. In this effect, a person tends to do things while being asleep and doesn't remember afterward.

Some of the symptoms are sleepwalking, sleep talking, eating food while being asleep, talking on the phone, driving the car, and other activities.

## **Breathing problems**

Some reports have shown that intaking Ambien can cause breathing problems, such as slow breathing or decreased oxygen levels in your blood cells.

## **How To Store Ambien?**

- Keep Ambien out of reach of children.
- Store the medicine in a dry place.
- Keep them in the dark place and avoid direct sunlight.

- Store them at temperature 15 - 30°C.
- If they are no longer in use, do not throw them like any other stuff as they might harm the environment. Your pharmacist might be a good person to ask how to throw it.

## FAQs

### **How long does Ambien take to work?**

Ambien takes around 1 hour after intake.

### **Can I get addicted to Ambien?**

Yes, if taken for four or more than four weeks, you might get addicted to it.

### **Can I stop taking it?**

If you have been taking Ambien for four or more than four weeks, then suddenly quitting the use will lead to withdrawal symptoms.

### **Can pregnant women take this medicine?**

It is not recommended for pregnant women to use this medicine, especially in their last 3/4 months, as it can affect the baby's health.

### **How long does the medicine stay in the body?**

Just like any other medicine, Ambien stays in the body for the next 10 - 12 hours.

## The Bottom Line

Ambien is a sleeping pill that is used to balance the brain's chemicals and help a person have a peaceful sleep. It is a prescription drug used by adults dealing with insomnia.

Although not very likely to happen, this drug may have some side effects, so it is essential to have detailed chat with your doctor before starting the course.

Take this medicine once at night on an empty stomach before sleeping for a fast result. However, this drug is not recommended for children under 18 and older people over 60 years.