

Alameda County Behavioral Health Care Services  
Drug Information Sheet: **zolpidem (Ambien)**  
**zaleplon (Sonata)**

Zolpidem and zaleplon can help treat insomnia and sleep disorders. Both can speed the onset of sleep, and increase sleep duration.

Like any medication, zolpidem and zaleplon can cause some side effects, including:

***Common***

drowsiness  
dizziness  
headache

***Less Common***

muscle aches  
diarrhea

***Rare***

dry mouth  
racing heartbeat

Zolpidem and zaleplon have little potential for physical dependence or abuse.

Zolpidem and zaleplon should not be abruptly discontinued, due to the possible occurrence of withdrawal symptoms that may including anxiety, sleeplessness and irritability.

Due to their quick onset, zolpidem and zaleplon should be taken just before going to sleep.