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About

Ambien (Zolpidem) is a sleep aid used to help adults fall asleep faster and improve nighttime rest.

How It Works

It slows brain activity to trigger natural sleep onset.

Benefits

- Faster sleep initiation
- Help with temporary insomnia
- Supports nighttime relaxation

Usage & Dosage

Usually taken once at bedtime on an empty stomach. Do not take unless you can sleep for 7–8 hours.

Available Strengths

Immediate-release and controlled-release tablet strengths available.

Side Effects & Risks

- Drowsiness
- Sleepwalking episodes
- Confusion
- Dizziness

Precautions & Warnings

Avoid alcohol. Do not drive after taking Ambien. Use only for short-term sleep issues.

Tolerance & Dependence

Risk increases with long-term or high-dose use.

Monitoring & Follow-Up

Discuss ongoing sleep problems with your healthcare provider.

Emergency Signs

Seek urgent help for allergic reactions, irregular breathing, or severe confusion.

Conclusion

Ambien can support better sleep when used properly and for short periods.

FAQ

Q: Can I take it every night?

Only under medical direction.

Q: Does it work immediately?

Usually within 15–30 minutes.