



## Sleep Tips

### Here are some tips to help you get a better night's sleep<sup>1,2</sup>

The number of hours of sleep each individual needs may vary, but one thing is certain; for our physical and mental well-being, we all need a good night's sleep. An important part of getting a good night's sleep is adopting a healthy lifestyle, developing a bedtime routine, and making your sleep environment "sleep-friendly."

Here are some helpful tips that might be useful if you're having difficulty getting to sleep and/or staying asleep.

#### 1. Go to sleep and wake at the same time each day.

Keeping a regular sleep schedule, even on weekends, may help develop a sleep-wake rhythm that encourages better sleep.

#### 2. Avoid caffeine, nicotine and alcohol late in the day.

Caffeine - contained in tea, cola, and chocolate, as well as in coffee - is a stimulant and can cause problems for people trying to fall asleep. Although many think alcohol is a sedative, it actually disrupts sleep. Nicotine is a stimulant that can keep you awake, and smokers can experience withdrawal symptoms at night.

#### 3. Watch your diet.

A heavy meal or spicy foods before bedtime can lead to nighttime discomfort, and fluids can require disruptive trips to the bathroom. A light snack, however, can prevent hunger pangs and help you sleep better.

#### 4. Exercise regularly.

Regular exercise has been shown to improve sleep. Exercising in the morning or afternoon - at least three hours before bedtime, so you won't be too "revved-up" - may help you get a deeper, more restful sleep.

#### 5. Create a relaxing bedtime routine.

Doing the same thing every night can help signal to your body that it's time to sleep. Consider reading a book, listening to music, or practicing relaxation techniques.

#### 6. Create a comfortable, relaxing environment.

Make sure your sleeping area is comfortable and your bed is large and firm enough. Use blackout blinds, a humidifier or dehumidifier, a fan, or air conditioning if necessary.

AMBIEN CR is indicated to help you fall asleep and/or stay asleep.

### IMPORTANT SAFETY INFORMATION

AMBIEN CR is a treatment option you and your doctor can consider along with lifestyle changes and can be taken for as long as your doctor recommends. When taking AMBIEN CR, don't drive or operate machinery. Plan to devote 7 to 8 hours to sleep before being active. Sleepwalking, and eating or driving while not fully awake, with memory loss for the event, as well as abnormal behaviors such as being more outgoing or aggressive than normal, confusion, agitation, and hallucinations may occur. Don't take it with alcohol as it may increase these behaviors. Allergic reactions such as shortness of breath, swelling of your tongue or throat, may occur and in rare cases may be fatal. In patients with depression, worsening of depression, including risk of suicide may occur. If you experience any of these behaviors or if you have an allergic reaction while using AMBIEN CR contact your doctor immediately. Side effects may include next-day drowsiness, dizziness and headache. AMBIEN CR has some risk of dependency. It's non-narcotic.

Please refer to the full prescribing information at [www.AmbienCR.com](http://www.AmbienCR.com) and medication guide enclosed.

### **7. Minimize distractions.**

Use your bedroom for sleeping. It's best to avoid doing work or using your computer in your sleep environment. Also, avoid having disrupting clocks, television or bright lights into your bedroom.

### **8. Get out of bed if you're not sleeping.**

If you don't fall asleep within 15-30 minutes of trying, get up. Get back into bed when you feel sleepy.

### **9. Limit napping.**

Napping may steal hours from your regular sleep schedule. If you must take a nap, limit it to less than an hour.

### **10. Talk to your doctor or healthcare provider.**

Often we're intimidated by doctors, but they're our best source for helping us combat health-related concerns. So, discuss your sleep problems with your doctor. You can find out if AMBIEN CR is right for you and how it may help put your sleep problems to rest. To get started, see some examples of questions to ask your doctor.

## **References**

1. 10 tips for better sleep. Clinic Web site. <http://www.mayoclinic.com/health/sleep-aids/HQ01387>. Accessed August 6, 2009.
2. Healthy sleep tips. National Sleep Foundation Web site. <http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips>. Accessed August 6, 2009.

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## MEDICATION GUIDE

### AMBIEN CR® (ām'bē-ən see ahr) C-IV

(zolpidem tartrate extended-release tablets)

Read the Medication Guide that comes with AMBIEN CR before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about your medical condition or treatment.

#### What is the most important information I should know about AMBIEN CR?

**After taking AMBIEN CR, you may get up out of bed while not being fully awake and do an activity that you do not know you are doing. The next morning, you may not remember that you did anything during the night.** You have a higher chance for doing these activities if you drink alcohol or take other medicines that make you sleepy with AMBIEN CR. Reported activities include:

- driving a car (“sleep-driving”)
- making and eating food
- talking on the phone
- having sex
- sleep-walking

**Call your doctor right away if you find out that you have done any of the above activities after taking AMBIEN CR.**

#### Important:

##### 1. Take AMBIEN CR exactly as prescribed

- Do not take more AMBIEN CR than prescribed.
- Take AMBIEN CR right before you get in bed, not sooner.

##### 2. Do not take AMBIEN CR if you:

- drink alcohol
- take other medicines that can make you sleepy. Talk to your doctor about all of your medicines. Your doctor will tell you if you can take AMBIEN CR with your other medicines.
- cannot get a full night’s sleep

#### What is AMBIEN CR?

AMBIEN CR is a sedative-hypnotic (sleep) medicine. AMBIEN CR is used in adults for the treatment of a sleep problem called insomnia. Symptoms of insomnia include:

- trouble falling asleep
- waking up often during the night

AMBIEN CR is not for children.

AMBIEN CR is a federally controlled substance (C-IV) because it can be abused or lead to dependence. Keep AMBIEN CR in a safe place to prevent misuse and abuse. Selling or giving away AMBIEN CR may harm others, and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines or street drugs.

#### Who should not take AMBIEN CR?

Do not take AMBIEN CR if you are allergic to anything in it. See the end of this Medication Guide for a complete list of ingredients in AMBIEN CR.

**AMBIEN CR may not be right for you. Before starting AMBIEN CR, tell your doctor about all of your health conditions, including if you:**

- have a history of depression, mental illness, or suicidal thoughts
- have a history of drug or alcohol abuse or addiction
- have kidney or liver disease
- have a lung disease or breathing problems
- are pregnant, planning to become pregnant, or breastfeeding

Tell your doctor about all of the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Medicines can interact with each other, sometimes causing serious side effects. **Do not take AMBIEN CR with other medicines that can make you sleepy.**

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

#### How should I take AMBIEN CR?

- Take AMBIEN CR exactly as prescribed. Do not take more AMBIEN CR than prescribed for you.
- **Take AMBIEN CR right before you get into bed.**
- **Do not take AMBIEN CR unless you are able to stay in bed a full night (7–8 hours) before you must be active again.**
- Swallow AMBIEN CR Tablets whole. Do not chew or break the tablets. Tell your doctor if you cannot swallow tablets whole.
- For faster sleep onset, AMBIEN CR should NOT be taken with or immediately after a meal.
- Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problems.
- If you take too much AMBIEN CR or overdose, call your doctor or poison control center right away, or get emergency treatment.

#### What are the possible side effects of AMBIEN CR?

##### Serious side effects of AMBIEN CR include:

- **getting out of bed while not being fully awake and do an activity that you do not know you are doing.** (See “What is the most important information I should know about AMBIEN CR?”)
- **abnormal thoughts and behavior.** Symptoms include more outgoing or aggressive behavior than normal, confusion, agitation, hallucinations, worsening of depression, and suicidal thoughts or actions.
- **memory loss**
- **anxiety**
- **severe allergic reactions.** Symptoms include swelling of the tongue or throat, trouble breathing, and nausea and vomiting. Get emergency medical help if you get these symptoms after taking AMBIEN CR.

**Call your doctor right away if you have any of the above side effects or any other side effects that worry you while using AMBIEN CR.**

##### The most common side effects of AMBIEN CR are:

- headache
- sleepiness
- dizziness
- You may still feel drowsy the next day after taking AMBIEN CR. **Do not drive or do other dangerous activities after taking AMBIEN CR until you feel fully awake.**

**After you stop taking a sleep medicine**, you may have symptoms for 1 to 2 days such as: trouble sleeping, nausea, flushing, lightheadedness, uncontrolled crying, vomiting, stomach cramps, panic attack, nervousness, and stomach area pain.

These are not all the side effects of AMBIEN CR. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**How should I store AMBIEN CR?**

- Store AMBIEN CR at room temperature, 59° to 77°F (15° to 25° C).
- **Keep AMBIEN CR and all medicines out of reach of children.**

**General Information about AMBIEN CR**

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.
- Do not use AMBIEN CR for a condition for which it was not prescribed.
- Do not share AMBIEN CR with other people, even if you think they have the same symptoms that you have. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about AMBIEN CR. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AMBIEN CR that is written for healthcare professionals. For more information about AMBIEN CR, call 1-800-633-1610 or visit [www.ambienr.com](http://www.ambienr.com).

**What are the ingredients in AMBIEN CR?**

**Active Ingredient:** Zolpidem tartrate

**Inactive Ingredients:** The 6.25 mg tablets contain: colloidal silicon dioxide, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, potassium bitartrate, red ferric oxide, sodium starch glycolate, and titanium dioxide. The 12.5 mg tablets contain: colloidal silicon dioxide, FD&C Blue #2, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, potassium bitartrate, sodium starch glycolate, titanium dioxide, and yellow ferric oxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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