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Ambien Overview – Uses, Dosage & Safety

Ambien (generic name **Zolpidem**) is a **prescription sleep medication** used to treat **insomnia**, especially difficulty falling asleep. It belongs to the class of **sedative-hypnotics**, which act on the brain to promote relaxation and help initiate sleep.

Common Uses

- Short-term **insomnia treatment**
- Difficulty **falling asleep**
- Sleep disturbances due to stress or temporary conditions

Dosage Information

- Typically taken **right before bedtime**
- Requires a full **7–8 hours of sleep** after use
- Available in **immediate-release** for sleep onset and **extended-release** for maintaining sleep

Side Effects

- Drowsiness, dizziness, or fatigue
- Possible next-day grogginess
- Rare sleep-related behaviors (e.g., sleepwalking)
- Risk of dependence if used long-term

Precautions

- Avoid alcohol or other sedatives
- Use only under **licensed medical supervision**
- Intended for **short-term use**, unless advised by a doctor
- Do not drive or operate machinery after taking