ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Hypnotics

Indications for Use:

- Sleep disturbances (i.e. nighttime restlessness)
- Difficulty sleeping or staying asleep

Medication Examples:

- **Zolpidem** (Ambien)
- **Temazepam** (Restoril)
- **Eszopiclone** (Lunesta)

Common Side Effects:

- Next-day drowsiness
- Dizziness
- Disorientation
- Sleep walking/talking (less common)

Tips:

- **Administration:** Tablets should be swallowed whole with water, do not crush or split extended-release forms.
- Take right before bed, medications act quickly.
- Avoid alcohol while taking these medications as it can increase the risk of sedation and dangerous sleep behaviors (i.e. sleep walking).
- **Storage:** Store in a safe place, away from heat, sunlight, and moisture. Keep all medicines out of reach of children or pets.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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