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Zaleplon

Generic name: zaleplon [*ZAH-le-plon*]

Brand name: [Sonata](#)

Dosage form: oral capsule (10 mg; 5 mg)

Drug class: [Miscellaneous anxiolytics, sedatives and hypnotics](#)



[Medically reviewed](#) by Drugs.com on Aug 11, 2023. Written by [Cerner Multum](#).

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What is zaleplon?

Zaleplon is a sedative that is used to treat [insomnia](#). zaleplon causes relaxation to help you fall asleep and stay asleep.

Zaleplon may also be used for purposes not listed in this medication guide.

Zaleplon side effects

Zaleplon may cause a severe allergic reaction. Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; [nausea](#) and [vomiting](#); swelling of your face, lips, tongue, or throat.

Some people using this medicine have engaged in activity while not fully awake and later had no memory of it.

This may include walking, driving, or making phone calls. If this happens to you, stop taking zaleplon and call your doctor right away.

Serious injury or death could occur if you walk or drive while you are not fully awake.

Zaleplon may cause serious side effects. Call your doctor at once if you have:

- [anxiety](#), [depression](#), aggression, [agitation](#);
- memory problems, unusual thoughts or behavior;
- thoughts of hurting yourself; or
- confusion, hallucinations (hearing or seeing things).

Common side effects of zaleplon may include:

- day-time [drowsiness](#), dizziness, "[hangover](#)" feeling;
- feeling light-headed;
- problems with coordination; or

- numbness, tingling, or prickly feeling on your skin.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Zaleplon side effects](#) (more detail)

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Warnings

Some people using zaleplon have engaged in activity while not fully awake and later had no memory of it. If this happens to you, stop taking zaleplon and call your doctor right away.

Serious injury or death could occur if you walk or drive while you are not fully awake.

Before taking this medicine

You should not use zaleplon if you are allergic to it, or if you have ever taken sleep medicine and engaged in activity you later don't remember.

Zaleplon is not approved for use by anyone younger than 18 years old.

Tell your doctor if you have ever had:

- liver or kidney disease;
- a breathing disorder;
- depression, mental illness, or suicidal thoughts; or
- drug or alcohol addiction.

You should not take zaleplon if you are pregnant.

You should not breastfeed while using zaleplon.

The sedative effects of zaleplon may be stronger in older adults. Accidental falls are common in elderly patients who take sedatives. Use caution to avoid falling or accidental injury while you are taking zaleplon.

How should I take zaleplon?

Follow all directions on your prescription label and read all medication guides or instruction sheets. Use the medicine exactly as directed.

Zaleplon may be habit-forming. **Misuse can cause addiction, overdose, or death.** Keep the medication in a place where others cannot get to it. Selling or giving away zaleplon is against the law.

Zaleplon will make you fall asleep. **Never take this medication during your normal waking hours, unless you have several hours to dedicate to sleeping.**

Zaleplon is for short-term use only. Do not take zaleplon for longer than 5 weeks without your doctor's advice.

Call your doctor if your symptoms do not improve after 7 to 10 days of treatment, or if they get worse.

Do not stop using zaleplon suddenly after taking it over several days in a row, or you could have unpleasant withdrawal symptoms. Ask your doctor how to safely stop using this medicine.

Store at room temperature away from moisture, heat, and light. Keep track of your medicine. You should be aware if anyone is using it improperly or without a prescription.

Insomnia symptoms may also return after you stop taking zaleplon, and may be even worse than before. Tell your doctor if you still have worsened insomnia after the first few nights without taking zaleplon.

Zaleplon dosing information

Usual Adult Dose for Insomnia:

10 mg orally once a day, immediately before bedtime OR after the patient has gone to bed and is having trouble falling asleep

-Maximum dose: 20 mg/day

Comments:

-Doses should be individualized.

-Efficacy was established in trials ranging from a single night to 5 weeks.

Use: Short-term treatment of insomnia

Usual Geriatric Dose for Insomnia:

5 mg orally once a day, immediately before bedtime OR after the patient has gone to bed and is having trouble falling asleep

-Maximum dose: 10 mg/day

Comments:

-Doses should be individualized.

-Efficacy was established in trials ranging from a single night to 5 weeks.

Use: Short-term treatment of insomnia

 [Detailed Zaleplon dosage information](#)

What happens if I miss a dose?

Since zaleplon is taken only at bedtime, you will not be on a frequent dosing schedule. **Never take this medication if**

you do not have several hours to sleep before being active again.

Do not take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of zaleplon can be fatal, especially when it is taken together with other medications that can cause drowsiness.**

Overdose symptoms may include severe drowsiness, confusion, loss of coordination, severe muscle weakness, weak or shallow breathing, [fainting](#).

What should I avoid while taking zaleplon?

Avoid taking zaleplon during travel, such as to sleep on an airplane. You may be awakened before the effects of the medication have worn off. Amnesia (forgetfulness) is more common if you do not get the equivalent of a full night's sleep after taking zaleplon.

Do not drink alcohol. Dangerous side effects or death could occur.

Avoid taking zaleplon with food or right after eating a high-fat or heavy meal. This will make it harder for your body to absorb the medicine.

Zaleplon can cause side effects that may impair your thinking or reactions. **You may still feel sleepy the morning after taking the medication.** Until you know how zaleplon will affect you during waking hours, be careful if you drive, operate machinery, pilot an airplane, or do anything that requires you to be awake and [alert](#).

What other drugs will affect zaleplon?

Using zaleplon with other drugs that make you drowsy or slow your breathing can cause dangerous side effects or death. Ask your doctor before using opioid medication, other sleep medicine, a muscle relaxer, or medicine for anxiety or [seizures](#).

Other drugs may affect zaleplon, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Zaleplon drug interactions](#) (more detail)

Does zaleplon interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

zaleplon

+

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Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and

use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

Medical Disclaimer

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DRUG STATUS

Availability

Rx Prescription only

Pregnancy & Lactation

👶 Risk data available

CSA Schedule*

4 Some potential for abuse

Approval History

📅 Drug history at FDA



User Reviews & Ratings

5.3 / 10

134 Reviews

Images

Zaleplon 10 mg (E20 10mg)



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