



[Home](#)

2. [Zolpimist](#)

Zolpimist

Generic name: [zolpidem oral spray, metered](#) [*zole-Pl-dem*]

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

Medically reviewed by [Judith Stewart, BPharm](#). Last updated on Aug 22, 2023.

[Uses](#) [Warnings](#) [Before taking](#) [Dosage](#) [Side effects](#) [Interactions](#) [FAQ](#)

What is Zolpimist?

Zolpimist is a sedative, also called a hypnotic. It affects chemicals in the brain that may be unbalanced in people with sleep problems (insomnia).

Zolpimist oral spray is used in adults for the short-term treatment of a sleep problem called [insomnia](#) (trouble falling asleep).

Zolpimist is used to help you fall asleep.

Warnings

Zolpidem may cause a severe allergic reaction. Stop using Zolpimist and get emergency medical help if you have any of these **signs of an allergic reaction**: [hives](#); difficulty breathing; swelling of your face, lips, tongue, or throat.

Do not share this medication with another person, even if they have the same symptoms you have. The recommended doses of zolpidem are not the same in men and women, and this drug is not approved for use in children. Misuse of this medication can result in dangerous side effects.

Zolpimist may impair your thinking or reactions. You may still feel sleepy the morning after using this medicine, especially if you are a woman. Wait at least 4 hours or until you are fully awake before you do anything that requires you to be awake and alert.

Never use Zolpimist in larger amounts or for longer than prescribed.

Do not use zolpidem if you have consumed alcohol during the day or just before bed.

Before using this medicine

Some people using Zolpimist have engaged in activity such as driving, eating, walking, making phone calls, or having sex and later having no memory of the activity. If this happens to you, stop using Zolpimist and talk with your doctor about another treatment for your sleep disorder.

You should not use Zolpimist if you are allergic to zolpidem.

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

To make sure Zolpimist is safe for you, tell your doctor if you have ever had:

- [depression](#), mental illness, or suicidal thoughts;
- drug or alcohol addiction;
- lung disease or breathing problems;
- [sleep apnea](#) (breathing stops during sleep); or
- liver or kidney disease.

Using zolpidem in the last 3 months of pregnancy may cause drowsiness or breathing problems in your newborn.

It may not be safe to breast-feed while using this medicine. Ask your doctor about any risk.

 [Zolpimist pregnancy and breastfeeding warnings](#) (more detail)

How should I use Zolpimist?

Use Zolpimist oral spray exactly as prescribed by your doctor. Follow all directions on your prescription label. Never use this medicine in larger amounts, or for longer than prescribed.

Spray Zolpimist directly into your mouth over your tongue. Prime the spray before the first use by pumping 5 test sprays into the air, away from your face. Prime the spray with 1 test spray if it has not been used for longer than 14 days.

Do not share this medication with another person, even if they have the same symptoms you have. Misuse of this medication can result in dangerous side effects.

Zolpimist comes with patient instructions for safe and effective use. Follow these directions carefully. Ask your doctor or pharmacist if you have any questions.

Never use Zolpimist if you do not have a full 7 to 8 hours to sleep before being active again.

Zolpimist is for short-term use only. Tell your doctor if your insomnia symptoms do not improve, or if they get worse after using this medication for 7 to 10 nights in a row. Do not use this medicine for longer than 4 or 5 weeks without your doctor's advice.

Do not stop using Zolpimist suddenly after long-term use, or you could have unpleasant withdrawal symptoms. Ask your doctor how to avoid withdrawal symptoms when you stop using the medicine.

Insomnia symptoms may also return after you stop using Zolpimist. These symptoms may seem to be even worse than before you started using the medication. Call your doctor if you still have worsened insomnia after the first few nights without using this medicine.

Store at room temperature away from moisture and heat. Do not freeze. Keep the Zolpimist bottle upright when not in use.

Dosing information

Usual Adult Dose for Insomnia:

Zolpimist Oral Spray (5 mg per spray):

Initial dose:

-Women: 5 mg orally once a day immediately prior to bedtime

-Men: 5 to 10 mg orally once a day immediately prior to bedtime

Maintenance dose: 5 to 10 mg orally once a day immediately prior to bedtime

Maximum dose: 10 mg/day

Comments:

-The recommended initial doses for women and men are different due to the lower rate of drug clearance in females.

Use: Short-term treatment of insomnia characterized by difficulties with sleep initiation.

Usual Geriatric Dose for Insomnia:

Zolpimist Oral Spray (5 mg per spray): 5 mg orally once a day immediately prior to bedtime

-Maximum dose: 5 mg/day.

Comments:

-Doses are the same in men and women.

Use: Short-term treatment of insomnia characterized by difficulties with sleep initiation.

 [Detailed Zolpimist dosage information](#)

What happens if I miss a dose?

Since Zolpimist is used only at bedtime if needed, you are not likely to miss a dose.

What happens if I overdose?

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

Overdose symptoms may include sleepiness, confusion, shallow breathing, feeling light-headed, fainting, or coma.

What should I avoid while using Zolpimist?

Avoid using Zolpimist during travel, such as to sleep on an airplane. You may be awakened before the effects of the medicine have worn off. Amnesia (forgetfulness) is more common if you do not get a full 7 to 8 hours of sleep after using zolpidem.

Avoid driving or hazardous activity until you know how zolpidem will affect you. **You may still feel sleepy the morning after using Zolpimist**, and your reactions could be impaired. Wait until you are fully awake before you drive, operate machinery, pilot an airplane, or do anything that requires you to be awake and alert.

Do not use this medicine if you have consumed alcohol during the day or just before bed.

Zolpimist side effects

Zolpidem may cause a severe allergic reaction. Stop using Zolpimist and get emergency medical help if you have **signs of an allergic reaction to zolpidem:** hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Report any new or worsening symptoms to your doctor, such as: depression, [anxiety](#), aggression, [agitation](#), confusion, unusual thoughts, hallucinations, memory problems, changes in personality, risk-taking behavior, decreased inhibitions, no fear of danger, or thoughts of suicide or hurting yourself.

Stop using Zolpimist and call your doctor at once if you have:

- chest pain, fast or [irregular heartbeat](#), feeling short of breath;
- trouble breathing or swallowing; or
- feeling like you might pass out.

The sedative effect of zolpidem may be stronger in older adults.

[Dizziness](#) or severe drowsiness can cause falls, accidents, or severe injuries.

Common Zolpimist side effects may include:

- daytime drowsiness, dizziness, weakness, feeling "drugged" or light-headed;
- tired feeling, loss of coordination;
- stuffy nose, dry mouth, nose or throat irritation;
- [nausea](#), [constipation](#), [diarrhea](#), [upset stomach](#); or
- [headache](#), muscle pain.

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.

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

Related/similar drugs

Ativan

Ativan is a benzodiazepine used to treat anxiety disorders or anxiety associated with depression ...

Reviews & ratings

8.0 / 10

[479 Reviews](#)

[View more](#)

Benadryl

Benadryl is an antihistamine and is

...and an antihistamine and is used to treat sneezing, runny nose, itching and other ...

Reviews & ratings

7.0 / 10

[79 Reviews](#)

[View more](#)

FEATURED

Ozempic

Learn about Ozempic (semaglutide) for type 2 diabetes treatment, weight management, cardiovascular ...

Reviews & ratings

6.6 / 10

[1,504 Reviews](#)

[View more](#)

Ambien

Ambien (zolpidem) is a prescription sedative used to treat insomnia, helping you fall asleep and ...

Reviews & ratings

7.0 / 10

[558 Reviews](#)

[View more](#)

Lunesta

Lunesta is a sedative and is used to treat insomnia. Lunesta's effects typically begin within 30 ...

Reviews & ratings

5.9 / 10

[341 Reviews](#)

[View more](#)

Eszopiclone

Eszopiclone (brand name Lunesta) is a sedative and is used to treat insomnia. Eszopiclone's effects ...

... and ...

Reviews & ratings

5.7 / 10

[442 Reviews](#)

[View more](#)

Temazepam

Temazepam is used to treat insomnia (trouble sleeping). Learn about side effects, interactions and ...

Reviews & ratings

6.5 / 10

[448 Reviews](#)

[View more](#)

Melatonin

Melatonin is used to combat jet lag and ease sleep problems like insomnia. Learn about uses ...

Reviews & ratings

5.7 / 10

[239 Reviews](#)

[View more](#)

Diphenhydramine

Diphenhydramine is an antihistamine used to treat sneezing, runny nose, itching, hives and other ...

Reviews & ratings

5.5 / 10

[541 Reviews](#)

[View more](#)

What other drugs will affect Zolpimist?

Using Zolpimist with other drugs that make you drowsy can worsen this effect. Ask your doctor before using opioid medication, a sleeping pill, a muscle relaxer, or medicine for anxiety or [seizures](#).

Many drugs can interact with zolpidem, making it less effective or increasing side effects. This includes prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Not all possible interactions are listed here. Tell your doctor

about all your current medicines and any medicine you start or stop using.

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

Does Zolpimist interact with my other drugs?

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

Zolpimist

+

Enter a drug name

Add

Popular FAQ

- What are the strongest sleeping pills?

▼
- Why am I unable to sleep after taking Ambien?

▼
- Quviviq vs. Ambien: How do they compare?

▼
- Is Ambien safe for long-term use?

▼
- Ambien: What are 11 Things You Need to Know?

▼
- Is Ambien a benzo?

▼
- Is Ambien addictive?

▼
- Is “Ambien-Tweeting” or “Sleep-Tweeting” a Thing?

▼

More FAQ

- [What is this pill? Tannish peach color, elliptical, marked 10 MG and 5 dots in a small box?](#)

More about Zolpimist (zolpidem)

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(8\)](#)
- [Side effects](#)
- [Dosage information](#)

- [During pregnancy](#)
- [FDA approval history](#)
- [Drug class: miscellaneous anxiolytics, sedatives and hypnotics](#)
- [Breastfeeding](#)

Patient resources

Other brands

[Ambien](#), [Ambien CR](#), [Intermezzo](#), [Edluar](#)

Professional resources

- [Zolpimist prescribing information](#)
- [Zolpidem \(AHFS Monograph\)](#)

Other brands

[Ambien](#), [Ambien CR](#), [Intermezzo](#), [Edluar](#)

Related treatment guides

- [Insomnia](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use Zolpimist 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](#)

Copyright 1996-2025 Cerner Multum, Inc. Version: 12.01.

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

7.4 / 10

[8 Reviews](#)

Related News

[What Do Sleep Medications Do to Your Brain?](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



About

[About Drugs.com](#)
[Advertising policy](#)
[Attribution & citations](#)

Terms & privacy

[Terms of use](#)
[Editorial policy](#)
[Privacy policy](#)

Support

[Help center](#)
[Sitemap](#)
[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Ad Choices
ADVERTISEMENT



Copyright © 2000-2025 Drugs.com. All rights reserved.