

“Z-DRUG” Side Effects:

Medications in this category: zolpidem (Ambien), zaleplon (Sonata), eszopiclone (Lunesta)

Most common: sleepiness, headache, unpleasant taste, dizziness, dry mouth, addiction (controversial).

Serious but rare: severe allergy (anaphylaxis); complex sleep-related behavior (sleep-walking, sleep-driving, cooking, eating, making phone calls).

Pregnancy: Category C. There are no controlled data in human pregnancy. Fewer data show no increased risk of birth defects.

This is a simplified list of side effects focusing on what is common or severe because complete lists of more rare and less serious side effects are often overwhelming. If desired, complete lists of potential side effects can be found on reputable web sites like Drugs.com.