

Zolpidem (Sublinox)

Indication(s): Circadian Dyssynchrony

Contraindications: Hypersensitivity to zolpidem. Personal or family history of sleepwalking. Significant obstructive sleep apnoea syndrome and acute and/or severe impairment of respiratory function. Requirement to be operationally effective within 6hrs notice to move.

Precautions: Avoiding use of alcohol or other CNS depressants during therapy. Complex sleep-related behaviours such as “sleep-driving” (i.e., driving while not fully awake after ingestion of a sedative-hypnotic, with amnesia for the event) have been reported in patients who have taken Sublinox. If these behaviours present discontinue therapy. For short term use only (max 7 days the HMA input req'd).

Drug Interactions: Alcohol/CNS depressants (Additive effect - Avoid). Compounds known to potently inhibit or induce cytochrome P450 CYP3A were shown to increase or reduce exposure to zolpidem. (e.g. fluconazole hypothetically increases serum zolpidem levels) (Monitor).

Adverse effects: Headache (7%); excessive drowsiness (2%); dizziness (1%), and diarrhea (1%).

Pharmacology: Zopiclone is a non-benzodiazepine hypnotic agent which interacts with GABA receptors. Women clear zolpidem tartrate from the body at a lower rate than men, serum concentrations are approximately 45% higher at the same dose in females compared with males. Given the higher blood levels of zolpidem tartrate in women the recommended initial dose is half that for men. Zolpidem should be taken on an empty stomach in order to optimize absorption.

Dosage and Administration: Females – Zolpidem 5 mg PO QHS PRN (immediately before bed); Males – 5-10 mg PO QHS PRN (immediately before bed).