

# Prosom (estazolam) basics

**Helps you stay asleep longer.** Prosom (estazolam) can help you sleep, but you might feel hungover the next day.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Prosom (estazolam)</b> Drug effectiveness					
<b>Possible side effects†</b>					
<b>Allergic reactions</b>					
<b>Behavior changes</b>					
<b>Hangover effect</b>					
<b>Tolerance and addiction</b>					

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Don't take Prosom (estazolam) unless you know you'll be going to sleep right away.
- Make sure you can sleep for at least 8 hours before you take it.
- Prosom (estazolam) works best if you develop good sleeping habits.
- Take Prosom (estazolam) for the shortest amount of time needed to treat your insomnia since it can be addictive.
- Don't drink alcohol or take other narcotics with Prosom (estazolam) because it can slow your breathing.

## Risks and warnings

Contact your doctor if you experience any of these.

### Tolerance and addiction

Prosom (estazolam) becomes less effective after using it for more than 10 days. Your body can also start depending on it, and it can be dangerous if you were to stop it suddenly. Talk to your doctor if your sleep hasn't gotten better after using it for 7 to 10 days.

### Behavior changes

People on Prosom (estazolam) have reported changes in behavior or unusual behaviors. This includes hallucinations and worsening depression. People have also done activities in their sleep while taking Prosom (estazolam) that they don't remember, like driving, cooking and eating, and making phone calls. If this happens, talk to your doctor right away about changing to a different medicine.

### Hangover effect

People taking Prosom (estazolam) might feel a hangover effect the next day, which can make it difficult to drive or do other things requiring concentration. This is more likely to happen if you're 65 or older. Make sure you can dedicate at least 8 hours to sleep before you take Prosom (estazolam) to stop this from happening. Talk to your doctor if this bothers you.