

# Lunesta (Eszopiclone) basics

**Helps you sleep.** Lunesta (Eszopiclone) is good for falling asleep and staying asleep. Not as habit-forming as some sleep medicines, but more likely to cause withdrawal symptoms if you stop suddenly.

## 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>Lunesta (Eszopiclone)</b> Drug effectiveness					
<b>Possible side effects</b>					
<b>Headache</b> 21% chance vs. 13% placebo*					
<b>Unpleasant taste†</b>					
<b>Dizziness</b> 5% chance vs. 4% placebo*					
<b>Stomach problems†</b>					
<b>Next-day sleepiness†</b>					
<b>Common cold symptoms†</b>					

\* Placebo is a sugar pill with no medicinal benefit.

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take 30 to 45 minutes before bedtime.
- Only take it if you have time to sleep for at least 7 hours.
- Very addictive. Meant for short-term treatment. Dependence can form after daily use for 2 weeks.
- Can cause headache, drowsiness, and dizziness.
- Can cause sleep-walking, sleep-driving, and sleep-eating.
- Works best if taken without food.

## Risks and warnings

Contact your doctor if you experience any of these.

### Dependence and withdrawal

All prescription sleep-aid medicines like Lunesta (Eszopiclone) have a risk of physical dependence. Dependence means that you'll feel withdrawal symptoms if you stop taking the medication all at once. Talk to your doctor about natural ways to improve sleep or treat underlying conditions that prevent sleep.

### Driving impairment

Lunesta (Eszopiclone) can reduce your ability to focus, think, and react. These effects can extend to the morning after taking Lunesta (Eszopiclone). Avoid activities that require you to be alert, such as driving a car or operating machinery, until you know how the medication affects you.

### Abnormal thoughts

Lunesta (Eszopiclone) can be disinhibiting (like alcohol) or cause hallucinations. Tell your doctor if you notice any unusual changes in behavior.