



# Lunesta

**Generic Name:** eszopiclone (e ZOP i klone)

**Brand Names:** *Lunesta*

## What is Lunesta?

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

Lunesta is used to treat **insomnia**. This medicine causes relaxation to help you fall asleep and stay asleep.

Lunesta may also be used for purposes not listed in this medication guide.

## Important information

Lunesta may cause a severe allergic reaction. Stop taking this medicine 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. Lunesta will make you fall asleep. Never take this medication during your normal waking hours, unless you have at least 8 hours to dedicate to sleeping.

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

Lunesta can cause side effects that may impair your thinking or reactions. You may still feel sleepy the morning after taking the medication. Until you know how this medication will affect you during waking hours, be careful if you drive, operate machinery, pilot an airplane, or do anything that requires you to be awake and alert. Do not drink alcohol while you are taking this medication. It can increase some of the side effects, including drowsiness. Lunesta may be habit-forming and should be used only by the person it was prescribed for. Lunesta should never be shared with another person, especially someone who has a history of drug abuse or addiction. Keep the medication in a secure place where others cannot get to it.

You may have withdrawal symptoms if you stop taking this medication after taking it over several days in a row. Do not stop taking this medicine suddenly without first talking to your doctor. You may need to use less and less before you stop the medication completely.

## Before taking this medicine

**Lunesta will make you fall asleep. Never take this medicine during your normal waking hours, unless you have at least 7 to 8 hours to dedicate to sleeping.**

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

You should not use Lunesta if you are allergic to eszopiclone.

To make sure this medicine is safe for you, tell your doctor if you have:

- liver disease;
- a breathing disorder;
- a history of depression, mental illness, or suicidal thoughts; or
- a history of drug or alcohol addiction.

It is not known whether Lunesta will harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant while using this medicine.

It is not known whether eszopiclone passes into breast milk or if it could harm a nursing baby. Tell your doctor if you are breast-feeding a baby.

The sedative effects of Lunesta may be stronger in older adults. Accidental falls are common in elderly patients who take sedatives. Use caution to avoid falling or accidental injury while you are taking this medicine.

## How should I take Lunesta?

Take Lunesta exactly as it was prescribed for you. This medicine is for short-term use only. Follow all directions on your prescription label. Do not take this medicine in larger or smaller amounts or for longer than recommended.

Lunesta may be habit-forming. **Never share this medicine with another person, especially someone with a history of drug abuse or addiction.** Keep the medication in a place where others cannot get to it. Selling or giving away Lunesta is against the law.

Avoid taking this medicine within 1 hour after eating a high-fat or heavy meal. This will make it harder for your body to absorb the medication.

Take Lunesta only if you are able to get a full night's sleep before you must be active again. Never take this medicine during your normal waking hours, unless you have at least 7 to 8 hours to dedicate to sleeping.

Call your doctor if your symptoms do not improve after 7 to 10 days of treatment, or if they get worse.

Do not stop using Lunesta suddenly after taking it over several days in a row, or you could have unpleasant withdrawal symptoms. Ask your doctor how to safely stop using this medicine.

Store at room temperature away from moisture and heat.

Keep track of the amount of medicine used from each new bottle. Lunesta is a drug of abuse and you should be aware if anyone is using your medicine improperly or without a prescription.

## Lunesta dosing information

### Usual Adult Dose for Insomnia:

Initial dose: 1 mg orally immediately before bedtime

Maintenance dose: 1 to 3 mg orally immediately before bedtime

Maximum dose: 3 mg orally immediately before bedtime

Comments: Patients should be reevaluated if insomnia persists after 7 to 10 days of eszopiclone therapy.

### Usual Geriatric Dose for Insomnia:

Initial dose: 1 mg orally immediately before bedtime

Maximum dose: 2 mg orally immediately before bedtime

Comments: Patients should be reevaluated if insomnia persists after 7 to 10 days of eszopiclone therapy.

**See also: Dosage Information (in more detail)**

## What happens if I miss a dose?

Since Lunesta is taken only at bedtime, you will not be on a frequent dosing schedule. Never take this medicine if you do not have at least 7 to 8 hours to sleep before being active again. Do not take extra medicine to make up a missed dose.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

## What should I avoid while taking Lunesta?

**Avoid drinking alcohol.** Dangerous side effects could occur.

Avoid taking Lunesta during travel, such as to sleep on an airplane. You may be awakened before the effects of the medication have worn off. Amnesia (forgetfulness) is more common if you do not get at least 8 hours of sleep after taking this medicine.

Eszopiclone can cause side effects that may impair your thinking or reactions. You may still feel sleepy the morning after taking this medicine. Until you know how this medicine will affect you during waking hours, be careful if you drive, operate machinery, pilot an airplane, or do anything that requires you to be awake and alert.

## Lunesta side effects

**Lunesta may cause a severe allergic reaction.** Stop taking Lunesta and get emergency medical help if you have any **signs of an allergic reaction**: hives; nausea, vomiting; difficulty breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- anxiety, depression, aggression, agitation;
- memory problems, unusual thoughts or behavior;
- thoughts of hurting yourself; or
- confusion, hallucinations (hearing or seeing things).

Common Lunesta side effects may include:

- day-time drowsiness, dizziness, "hangover" feeling;
- headache;
- unusual or unpleasant taste in your mouth; or
- cold symptoms such as stuffy nose, sneezing, sore throat.

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.

**See also: Side effects (in more detail)**

## What other drugs will affect Lunesta?

**Taking Lunesta with other drugs that make you sleepy or slow your breathing can cause dangerous or life-threatening side effects.** Ask your doctor before taking a sleeping pill, narcotic pain medicine, prescription cough medicine, a muscle relaxer, or medicine for anxiety, depression, or seizures.

Other drugs may interact with eszopiclone, including prescription and over-the-counter medicines, vitamins, and herbal products. Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

## Where can I get more information?

- Your pharmacist can provide more information about Lunesta.
- Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.
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