

# Lunesta (eszopiclone)



## What is it usually prescribed for?

Insomnia (sleep problems).



## How does it work?

Lunesta helps improve sleep by boosting the brain chemical GABA.



## What should I expect?

Lunesta usually takes effect in less than one hour. It helps improve the quality of sleep. Over time, it may also decrease the number of times you wake up throughout the night.

Your healthcare professional will start with a low dose that may be increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects so the dose can be changed if needed.

Take Lunesta exactly as prescribed to get the full benefit of this medicine.

## HOW DOES LUNESTA HELP ME SLEEP?



Falling asleep?

Yes

Staying asleep?

Yes

Going back to sleep?

No



## Will I have side effects?

You may or may not have side effects when taking Lunesta. The chance of some side effects increases with larger doses.

Lunesta can lead to emotional and/or physical dependence (addiction) in people with a history of drug abuse. Keep your Lunesta prescription safe to prevent misuse and abuse.

## What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less alcohol	Do more exercise	Healthcare professional suggestion
Feeling dizzy	X	X		
Feeling drowsy	X	X	X	
Dry mouth	X	X		
Headache	X	X	X	
Unpleasant taste	X			

Note: This is not a complete list of side effects; other side effects are possible. Before starting Lunesta, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

Last updated 01/2022

# Lunesta (eszopiclone)

## YOU'RE NOT ALONE!

In 2019, Lunesta was prescribed nearly 2.2 million times in the United States.

## What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are many interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Lunesta unless your healthcare professional has told you to, because it can lead to side effects like upset stomach, fear and worry, and the return of your sleep problems.

Alcohol and other drugs should not be used the same evening on nights when taking Lunesta. Doing so increases the chance of side effects, like reduced heart rate, slowed breathing, and complex behaviors such as driving while not fully awake and without memory of doing so.

## WHAT IS MOST IMPORTANT TO REMEMBER



Alcohol and other drugs should not be used the same evening on nights when taking this medicine



Tell your healthcare professional about any troubling side effects so that you can work together to address them



Do not suddenly stop taking this medicine unless told to do so by your healthcare professional



Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional



Get medical care right away if you have serious side effects



## When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Thoughts of hurting yourself
- Confusion, hallucinations (hearing or seeing things that are not there)
- Memory problems, unusual thoughts, or behavior
- Feelings of sadness, fear or worry, aggression, agitation

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



## Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text "HELLO" to 741741



## Notes and questions for my next appointment

---

---

---

---

---

---

---

---

