

**Insomnia is a medical condition that can be treated. Talk with your doctor.
This Guide may be helpful. Be you again.**

Sleep is just a spray or two away.

About My Sleep

How many hours of sleep are you getting each night?

- 7 - 8 6 - 7 Less than 6 Other

How often do you have trouble falling asleep?

- Daily About once a week About once a month
 A Few times a month Occasionally Other

How long have you had troubling sleeping?

- One Week One month Several
 Six months or more Other

My main issue is:

- Falling Asleep Staying asleep Getting back to sleep
 Waking up to early Other

When you have troubling sleeping, how many times to you wake up during the night?

_____ Times per night

If you wake up, how long to you stay awake each time?

_____ Hours _____ Minutes

Do you take medication to help you sleep?

- I take an over-the-counter sleep aid I take a prescription sleep medication No medication
 I take a homeopathic sleep aid If Yes, what over-the-counter, homeopathic or medication? _____

Sleep Environment

Things you do during the day and a few hours before bedtime can have an impact on how well you sleep at night.
So can medical history and certain life events.

Check all that apply to you.

- Smoking cigarettes Drinking alcohol Exercise
 Eat spicy foods Consume caffeine Nap during the day

The Affect of Insomnia

Does your lack of sleep affect your lifestyle?

- Concentration Job Performance Relationships
- Ability to function Health Mood

BEFORE BED ROUTINE (Less than 3 - 4 hours before bedtime)

- Use your computer Watch TV Listen to music
- Eat late dinners Work a night shift

MY RECENT LIFESTYLE CHANGES

- New Job Change in Relationship Status
- Relocation Frequent Travel - Work or Pleasure High Stress or Anxiety

YOUR MEDICAL HISTORY

- I take over-the-counter or prescription drugs
- I have a history of Depression, Mental Illness or Suicidal Thoughts
- I have a history of Drug, Alcohol Abuse or Addiction
- I have liver disease
- I am pregnant, planning on becoming pregnant or breast-feeding
- I have an other type of medical condition If so, please explain _____

OTHER QUESTIONS I MIGHT WANT TO ASK MY DOCTOR

- Should I be concerned about my sleep problems?
- What are the risks of sleep problems that persist?
- What are the differences between prescription sleep medications and over-the-counter sleep aids?
- What kinds of side effects can I expect from these medications?
- Do you think a prescription sleep aid, such as ZOLPIMIST (zolpidem tartrate) Oral Spray may be right for me?
- How can I expect to feel the next morning after taking ZOLPIMIST?

Important Safety Information

Zolpimist is indicated for the short-term treatment of insomnia.

When you first start taking Zolpimist and until you know how you will react to this medication, use caution in the morning when you engage in activities requiring complete alertness. In most instances, memory problems can be avoided if you take Zolpimist only when you can sleep full night (e.g., 7 to 8 hours) before your planned awakening time. As with any sleep medication, do not use alcohol while you are taking Zolpimist. Tell your provider about all your health conditions and all the medicines you take, including prescriptions, nonprescriptions, and dietary supplements.

Sleepwalking, eating, or driving while not fully awake, without memory of the event, and rare incidents of allergic reactions, have been reported. If you have any of these experiences, contact your provider immediately.

Prescription sleep medicines are often taken for 7 to 10 days, perhaps longer if prescribed by your provider. Like many sleep aids, Zolpimist has some risk for dependency.

With short-term use, Zolpimist has a low incidence of side effects. In clinical trials, the most commonly reported side effects were drowsiness (2%), dizziness (1%), and diarrhea (1%).

The recommended initial Zolpimist dosage for women and elderly persons is 5 mg, for men 5 mg or 10 mg, immediately before bedtime, with at least 7 -8 hours remaining before the planned time of awakening.