MARSHALLTOWN MEDICAL & SURGICAL CENTER  
Marshalltown, Iowa  

SLEEP DISORDERS CENTER POLICY & PROCEDURE  

Policy Number: 034

PROTOCOL FOR USE OF AMBIEN IN THE SLEEP LAB

OBJECTIVES:
Relief of transient insomnia experienced in the sleep laboratory.

PROCEDURE:
1) To be administered if the patient fails to fall asleep within one hour.
2) Patient may be offered Ambien to promote sleep and improve study completion within time allowed.

THERAPEUTIC CLASS:
Ambien, (generic name Zolpidem Titrate) is a non-benzodiazepine hypnotic. It is structurally unrelated to the benzodiazepines; however, Zolpidem selectively acts at BZ1 receptors. Because of this selectivity, it has reduced effects as a muscle relaxant and anticonvulsant when compared to the benzodiazepines.

EFFECTS ON SLEEP PATTERN:
Zolpidem produces a quality and pattern of sleep very similar to that of normal physiological sleep. Zolpidem has been shown to reduce sleep latency, increase total sleep time, and increase the preservation of deep sleep (stages 3 & 4). REM sleep is not significantly decreased, however the onset of REM is delayed. The REM/non-REM ratio is not significantly altered.

PHARMACOKINETICS:
- Onset of action: 7-27 minutes
- Duration of action: 6 to 8 hours

ADVERSE REACTIONS:
- Most common: Daytime drowsiness (2%), dizziness (1%), diarrhea (1%), amnesia (.6%), nausea (.6%), vomiting (.5%), and headache (.5%).

DRUG INTERACTIONS:
- Increased effect/toxicity with alcohol and other CNS depressants.

PRECAUTIONS:
- Administer Zolpidem with caution to patients with compromised respiratory function, since it may depress the respiratory drive.
- Administer Zolpidem with caution to patients exhibiting signs or symptoms of depression since it may worsen the condition.
• Monitor the patient for signs of behavioral changes, due to the slight risk of psychosis with use of sedative/hypnotics.
• For faster sleep onset, do not administer Zolpidem with or immediately after a meal.
• Pregnancy: Category B
• Do not give to patients < 18 years.

DOISING:
• Adults (age 18-65) years: 10 mg P.O. immediately before bedtime.
• Elderly (>65) years: 5 mg P.O. immediately before bedtime.
• Dosage adjustment in patients with hepatic impairment: reduce dose to 5 mg.
• Decrease the dose if patient is taking other CNS depressants.
• No dosage adjustment is necessary for patients with renal insufficiency.
• Maximum dose: 10 mg

DOSEAGE SUPPLIED:
• Tablet: 5 mg and 10 mg

PATIENT INFORMATION
Drugs and Foods to Avoid:
• Do not drink alcohol while you are taking this medicine.
• Make sure your doctor knows if you are taking any other medicines that can make you drowsy such as sleeping pills, cold and allergy medicine, tranquilizers, medicine for depression, and strong pain killers.

Warnings:
• Notify your doctor before taking Zolpidem if you have any kidney, liver, or breathing problems.
• Notify your doctor if you are pregnant or breast-feeding.
• After taking a dose of this medicine, use caution when performing tasks requiring alertness, coordination, or physical dexterity such as driving a car.

Side Effects:
Notify our doctor right away if you have any of these side effects:
• Trouble breathing
• Fast or irregular heartbeat
• Memory loss or depressed mood
• Changes in behavior
Less serious side effects:
• Dizziness or drowsiness
• Headache
• Upset stomach
• Diarrhea
REFERENCES:
1. LCD for Polysomnography and Sleep Studies for Testing Sleep and Respiratory Disorders (L2579), Cahaba Government Benefit Administrators Midwest, Effective 09/15/00. Revised 10/01/04.

Sleep Disorders Center
Policy: SDC-034
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Revised: 12/04, 08/07
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