
ESZOPICLONE (Lunesta) Fact Sheet for Patients

Generic Name: Eszopiclone (es-zoh-PIK-lone)

Brand Name: Lunesta

What Does It Treat?

Eszopiclone is primarily used to treat insomnia, a sleep disorder characterized by difficulty falling asleep or staying asleep. It helps promote sleep and improve the quality and duration of sleep.

How Does It Work?

Eszopiclone is a sedative-hypnotic medication. It works by targeting receptors in the brain that regulate sleep and wakefulness, helping to induce and maintain sleep throughout the night.

How Do I Take It?

Eszopiclone is available in tablet form. It is typically taken orally, immediately before bedtime, on an empty stomach. Follow your health care provider's instructions on dosing and schedule.

What is the Dose?

The typical dosage for eszopiclone, used for insomnia, is 1-3 mg before bedtime. The dosing depends on the condition being treated and should be determined by your health care provider.

How Long Will I Take It?

The duration of eszopiclone treatment can vary. Your health care provider will assess your condition and determine the appropriate length of treatment. It is generally used short-term, typically seven to 10 days, to address acute insomnia. However, in some cases, it may be prescribed for longer durations under the guidance of your health care provider.

What If I Miss a Dose?

Eszopiclone is taken on an as-needed basis before bedtime, so there is no concern about missing a dose.

What Are Possible Side Effects?

- Most common: Headache, drowsiness, dry mouth, unpleasant taste.
- Serious but rare: Memory problems, unusual behaviors (e.g., sleep-driving, sleep-eating).

What Else Should I Know?

- Eszopiclone may interact with other medications, so inform your health care provider of all the medications you are taking.
- Avoid alcohol and certain medications that can cause drowsiness while taking eszopiclone, as they may increase eszopiclone's sedative effects.
- Do not take eszopiclone if you have a history of sleep apnea, severe liver disease, or are pregnant or breastfeeding.
- If you experience any complex sleep-related behaviors or unusual changes in mood or behavior, contact your health care provider immediately.

Remember, this fact sheet provides general information about this medication. For more specific guidance and instructions, consult your health care provider.