



ZOLPIGRESS

Zolpidem 10 mg Tablets

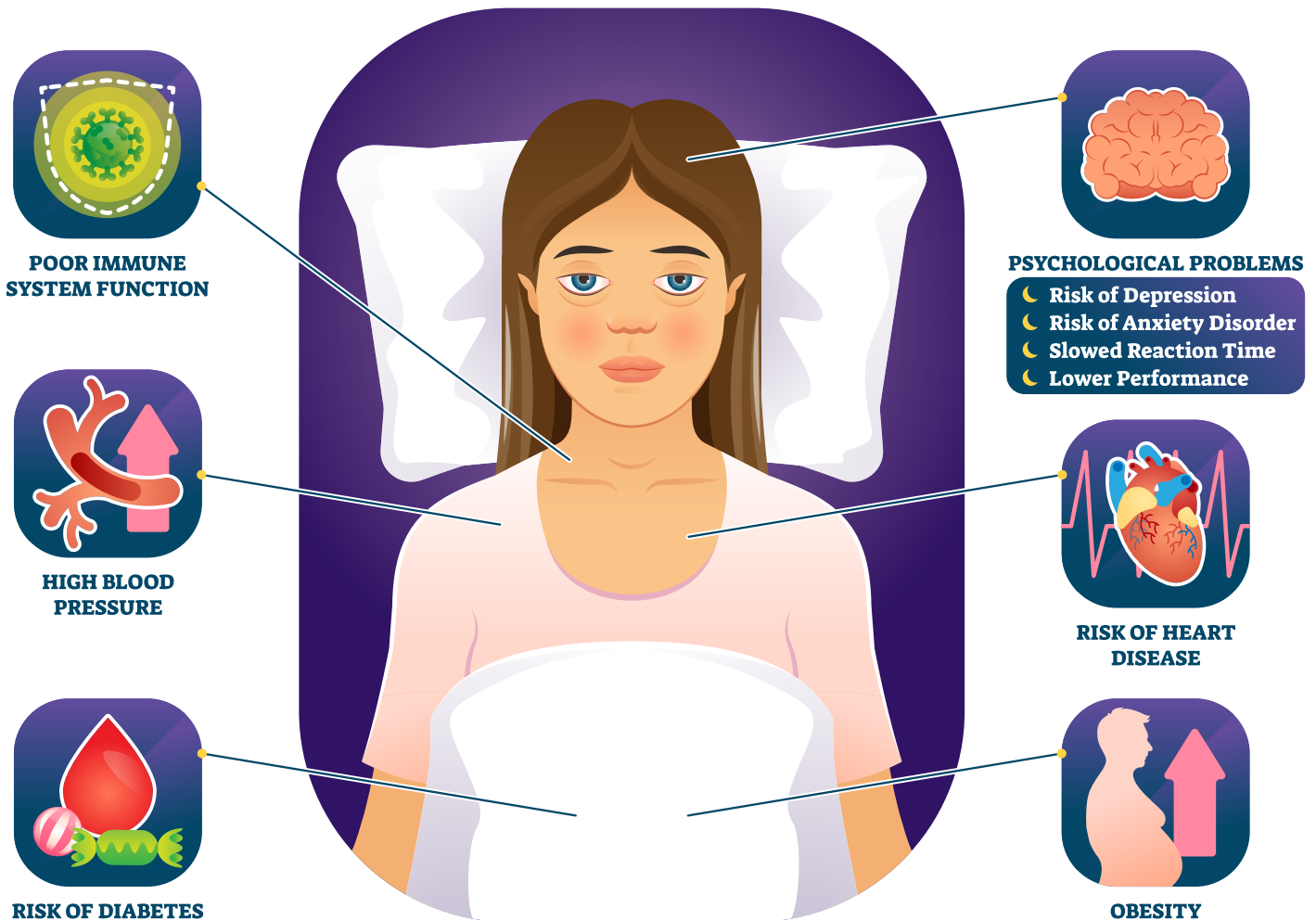
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BACKGROUND:

- ✦ Insomnia is a sleep disorder characterized by difficulty falling asleep, staying asleep, or both. It can result in daytime fatigue, irritability, difficulty concentrating, and impaired functioning.
- ✦ Insomnia is a significant health issue in India, affecting a large portion of the population.
- ✦ According to studies, the prevalence of insomnia in India varies widely, ranging from 10% to 35%, depending on the population studied and the criteria used to define insomnia.

COMPLICATIONS OF INSOMNIA :



- ✦ Hence, treating insomnia is essential for improving sleep quality, reducing health risks, enhancing daily functioning, and promoting overall well-being.
- ✦ It's a critical step toward achieving optimal physical, mental, and emotional health.

CLINICAL EFFECTIVENESS

A Double-blind Comparative Study of **ZOLPIDEM** versus **ZOPICLONE** in the Treatment of Chronic Primary Insomnia

Ref: J Int Med Res. 2001 May-Jun;29(3):163-77.

No. of Participants: 479 patients

Dose: Zolpidem (10 mg/day) and zopiclone (7.5 mg/day)

Duration: 14 Days

Result:

- ✦ In the Zolpidem group, 67.9% (142/209) of patients were rated at least 'moderately improved' versus 61.6% (135/219) with zopiclone. Zolpidem is at least as effective as zopiclone.
- ✦ With zolpidem, sleep onset latency improved in significantly more patients (85.8% versus 77.5%) and significantly fewer patients showed aggravated sleep onset latency relative to baseline at follow-up (4.5% versus 15.4%).

CONCLUSION:

Zolpidem is as effective as zopiclone, showed significantly less rebound on discontinuation and is better tolerated.

Long-term, non-nightly administration of **ZOLPIDEM** in the treatment of patients with primary insomnia

Ref: J Clin Psychiatry. 2004 Aug;65(8):1128-37.

No. of Participants: 199 patients

Dose: Zolpidem 10 mg or placebo

Duration: 12 Weeks

Result:

- ✦ Patients receiving zolpidem exhibited (vs. baseline) a 42% decrease in sleep latency, a 52% reduction in number of awakenings, a 55% decrease in wake time after sleep onset, and a 27% increase in total sleep time.
- ✦ These positive clinical gains did not diminish with time and were not associated with dose escalation.
- ✦ There was also no evidence of rebound insomnia.

CONCLUSION:

Intermittent treatment with zolpidem significantly improves sleep continuity, sustains clinical gains, and shows no evidence of subjective rebound insomnia between doses or increases in the amount of medication used during the study interval.



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DESCRIPTION:

ZOLPIGRESS consists of Zolpidem Tartrate available in the strength of 10 mg Tablets.

INDICATION:

ZOLPIGRESS is indicated for the short-term treatment of insomnia characterized by difficulties with sleep initiation.

MECHANISM OF ACTION:

Zolpidem tartrate is a non-benzodiazepine hypnotic of the imidazopyridine class. It interacts with a GABA- benzodiazepine receptor complex and modulation of the GABAA receptor chloride channel macromolecular complex, responsible for sedative, anticonvulsant, anxiolytic, and myorelaxant drug properties.

DOSAGE:

Adult : One tablet a day immediately before bedtime.

ADMINISTRATION:

It should be taken on an empty stomach. Do not take it with / or immediately after a meal.

PRESENTATION:

Available as a strip of 10 tablets.



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Prescribing Information



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