

⚠ HIGH ALERT**zaleplon (Rx)**

(zal'eh-plon)

Sonata*Func. class.:* Hypnotic, nonbarbiturate*Chem. class.:* Pyrazolopyrimidine**Controlled Substance
Schedule IV****Do not confuse:****Sonata/Soriatane**

ACTION: Binds selectively to omega-1 receptor of the GABA_A receptor complex; results are sedation, hypnosis, skeletal muscle relaxation, anticonvulsant activity, anxiolytic action

USES: Insomnia (short-term treatment)

CONTRAINDICATIONS: Hypersensitivity, severe hepatic disease

Precautions: Pregnancy, breastfeeding, children <15 yr, geriatric patients, respiratory/renal/hepatic disease, psychosis, angioedema, depression, sleep-related behaviors (sleep walking), Asian descent, CNS depression

DOSAGE AND ROUTES

- **Adult: PO** 10 mg at bedtime; may increase dose to 20 mg at bedtime if needed; 5 mg may be used in low-weight persons
- **Geriatric/hepatic dose: PO** 5 mg at bedtime; may increase if needed

Available forms: Caps 5, 10 mg

Administer:

- Immediately before bedtime for sleeplessness
- On empty stomach for fast onset
- Store in tight container in cool environment

SIDE EFFECTS

CNS: *Letbargy, drowsiness, daytime sedation, dizziness, confusion, anxiety, amnesia, depersonalization, hallucinations, hyperesthesia, paresthesia, somnolence, tremors, vertigo, complex sleep-related reactions: sleep driving, sleep eating*

CV: Chest pain, peripheral edema

EENT: Vision change, ear/eye pain, hyperacusis, parosmia

GI: Nausea, abdominal pain, constipation, anorexia, colitis, dyspepsia, dry mouth

MISC: Asthenia, fever, headache, myalgia, dysmenorrhea

MS: Myalgia, back pain, arthritis

RESP: Bronchitis

SYST: **Severe allergic reactions**

PHARMACOKINETICS

Rapid onset, metabolized by liver extensively, excreted by kidneys (inactive metabolites), half-life 1 hr, onset, peak 1 hr, duration 3-4 hr

INTERACTIONS

Increase: effect of zaleplon—cimetidine

Decrease: zaleplon bioavailability—CYP3A4 inducers

Drug/Food

- Prolonged absorption, sleep onset reduced: high-fat/heavy meal

NURSING CONSIDERATIONS**Assess:**

- Mental status: mood, sensorium, affect, memory (long, short term), excessive sedation, impaired coordination
- **Sleep disorder:** type of sleep problem: falling asleep, staying asleep; monitor for complex sleep disorders

- **Beers:** avoid in older adults with delirium or at high risk for delirium; potential for worsening or inducing delirium

Evaluate:

- Therapeutic response: ability to sleep at night, decreased amount of early morning awakening

Teach patient/family:

- To avoid driving or other activities requiring alertness until product is stabilized
- To avoid alcohol ingestion
- **That product may cause memory problems, dependence (if used for longer periods of time), changes in behavior/thinking, complex sleep-related behaviors (sleep eating/driving)**
- That product is for short-term use only
- To take immediately before going to bed