

## Sleep Aids

<u>Trade Name</u>	<u>Generic Name</u>	<u>Required minimum waiting time after last dose before resuming pilot or ATCS duties</u>
Ambien	zolpidem*	24 hours
Ambien CR	zolpidem (extended release)	24 hours
Edluar	zolpidem (dissolves under the tongue)	36 hours
Intermezzo	zolpidem (for middle of the night awakening)	36 hours
Lunesta	eszopiclone	30 hours
Restoril	temazepam	72 hours
Rozerem	ramelteon	24 hours
Sonata	zaleplon	6 hours
Zolpimist	zolpidem (as oral spray)	48 hours

\* NOTE: The different formulations of zolpidem have different half-lives, thus different wait times.