**Lunesta** is a prescription medication used to help people fall asleep faster and stay asleep longer.

**So how does it work?**
Lunesta works with a chemical in the brain called GABA. GABA causes drowsiness and sleepiness.

**What happens when Lunesta is mixed with....**

**Alcohol?**
When mixed with alcohol it may result in increased sedation.

**Marijuana?**
The effects of Lunesta when mixed with marijuana are not known, but should be avoided due to possible increased sedation.

**What if you take Lunesta while you are pregnant?**
Lunesta’s effects during pregnancy are not known.

**Is there a chance this substance could contain contaminants if it is obtained “on the street”? If so, what are the effects of these contaminants?**
- If Lunesta is obtained from a licensed pharmacy, it should not contain any harmful substances.
- If it is bought “on the street”, it could contain multiple unknown substances or it may not even be Lunesta.

**Other things to consider...**
This is a prescription drug and should not be used unless under the supervision of a physician.

**Short term effects of taking Lunesta**

**Judgment**
Lunesta can cause unusual behavior and thinking, including: anxiety, aggression, confusion, agitation, depression, hallucinations, or suicidal thoughts.

**Memory**
- Memory loss has been associated with the use of Lunesta when people wake up before the effects of the drug have worn off.
- Lunesta can cause episodes of memory loss. This can include participating in activities, such as, driving, eating, and making phone calls without remembering the activity.

**Health**
Lunesta can cause drowsiness, dizziness, loss of coordination, a bad or unusual taste, headache, rash, diarrhea, and breast enlargement in males.

**Long term effects of taking Lunesta**

**Judgment**
- With long term use there is a risk of dependence, which is most likely to occur when the drug is used for several weeks.
- People with a history of substance abuse are at a greater risk of developing dependence.

**Memory**
- The possibility of memory loss including not remembering participating in activities is still present with long term use.
- These effects on short term memory are no longer experienced after the drug is stopped.
- The effects of Lunesta on long term memory are unknown.

**Health**
- Lunesta is known to cause withdrawal symptoms after suddenly stopping the medication, such as, anxiety and nausea.
- It can also cause dependence or tolerance.
- These effects can be avoided if only taken for a short period of time (1-2 weeks).

For more information contact the Student Health Center at 348.3878

References: