**Rozerem** (ramelteon) is a prescription medication used to help people fall asleep faster.

### So how does it work?

Rozerem affects melatonin receptors, a chemical in the body that is thought to be responsible for regulation of the sleep-wake cycle. Rozerem is a melatonin receptor agonist, which induces sleepiness.

### What happens when Rozerem is mixed with....

#### Alcohol?

When mixed with alcohol it may result in increased sedation.

#### Marijuana?

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

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 Rozerem 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 Rozerem.

### What if you take Rozerem while you are pregnant?

Rozerem’s effects during pregnancy are not known.

### 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 Rozerem

#### Judgment
- Rozerem may worsen depression or suicidal thoughts.
- Impaired judgment may decrease the ability to drive a car or operate machinery.

#### Memory
- Rozerem 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
- Rozerem can cause a bad or unusual taste, dizziness, daytime sleepiness, headache, joint pain, worsened insomnia, and nausea.

### Long-term effects of taking Rozerem

#### Judgment
- Long-term effects of Rozerem that are possible on judgment are similar to the short-term effects, including: abnormal thoughts, worsening depression, increased suicidal thoughts, and decreased ability to drive a car. These effects should go away after Rozerem is stopped.
- Long-term administration has not been associated with dependence in clinical studies.

#### 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.

#### Health
- Rozerem can cause a bad or unusual taste, dizziness, daytime sleepiness, headache, joint pain, worsened insomnia, and nausea.

For more information contact the Student Health Center at 348.3878

References