Sonata (Zaleplon) is a prescription medication used to help people fall asleep faster.

So how does it work?
It works with a chemical in the brain called GABA. GABA causes drowsiness and sleepiness. Sonata has been shown to reduce the time it takes to get to sleep.

What happens when Sonata is mixed with....

Alcohol?
When mixed with alcohol, it may cause more sedation.

Marijuana?
When mixed with marijuana, it may cause more 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 Sonata is obtained from a licensed pharmacy, it should not contain any unknown substances.
• If it is bought “on the street”, it could contain multiple unknown substances or it may not even be Sonata.

What if you take Sonata while you are pregnant
The effects during pregnancy are not known.

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

For more information contact the Student Health Center at 348.3878

References
1) Sonata full prescribing information

Short term effects of taking Sonata

Judgment
May cause a person to have unusual behavior or thinking including anxiety, aggression, confusion, agitation, depression, hallucinations and suicidal thoughts.

Memory
• May cause memory loss. A person may not remember what has happened for several hours after taking the medicine.
• Sonata 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
Abrupt discontinuation can cause withdrawal symptoms including insomnia, fatigue, lightheadedness, headaches, difficulty with coordination, stomach cramps, vomiting, sweating, and seizures.

Long term effects of taking Sonata

Judgment
• With long-term use there is a risk of dependence. This is most likely to occur when the drug is taken for several weeks or at high doses.
• People with a history of substance abuse are at a greater risk of developing dependence.

Memory
• With long-term use there is the same possibility of memory loss mentioned above.
• The effects on memory are no longer experienced when the drug is stopped.
• The long term effects on memory are unknown.

Health
• If used everyday for several weeks it may not be effective to help a person fall asleep.
• Sonata can cause tolerance, dependence, and withdrawal.
• These effects can be avoided if Sonata is only taken for short periods of time (1-2 weeks).