FDA Requires Dosages of Ambien Cut in Half for Women

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The Food and Drug Administration (FDA) has required the manufacturers of Ambien and the other mostly generic sleeping pills containing the active ingredient zolpidem to cut dosages for women in half, The New York Times reports. The decision is in response to years of complaints that people felt drowsy in the morning after taking these medications. Such drowsiness has resulted in car accidents, as well as texting, eating or having sex during the night without any memory of it in the morning. Women take longer than men to metabolize zolpidem. For women, the FDA wants immediate-release products cut from 10 milligrams to 5 mg and extended-release products cut from 12.5 mg to 6.25 mg. For men, the FDA wants manufacturers to change labeling to recommend health care providers consider prescribing lower dosages.

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