

Updated FDA Dosing Recommendations for Zolpidem

Drug	New Dosing Recommendations
Zolpidem	Women: 5 mg nightly Men: 5–10 mg nightly Elderly: 5 mg nightly
Extended-release zolpidem	Women: 6.25 mg nightly Men: 6.25–12.5 mg nightly Elderly: 6.25 mg nightly

Source: www.fda.gov/media/84992/download

From the Clinical Update:
"The "Z-Drugs": Safety Issues and Misuse Potential"
By Rehan Aziz, MD
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