



Zolpidem (Ambien) is a Schedule IV controlled substance used for treating insomnia, requiring a prescription from a licensed healthcare provider.

Prescription Requirements 2025

- Patients must have a diagnosis of insomnia involving difficulty initiating or maintaining sleep.
- Prescribers agree to discontinue zolpidem if complex sleep behaviors (e.g., sleepwalking or sleep driving) occur.
- Concurrent therapy with other sleep aids like oxybate products is not allowed.
- Typical prescription limits are one 30-day supply per year with dosage limits: 5-10 mg for immediate-release, 6.25-12.5 mg for extended-release formulations.
- Telemedicine prescribing of zolpidem is permitted via DEA special registration with secure patient verification and video consultations through authorized telehealth platforms until at least December 31, 2025.
- The FDA mandates boxed warnings about risks including next-day impairment and severe sleep behaviors.

Best Price and Purchase Guidelines

- Obtain legal prescriptions through licensed providers compliant with state and federal regulations either in person or via telemedicine.

- Fill prescriptions through accredited pharmacies offering generic zolpidem for cost savings.
- Use insurance, manufacturer discounts, and pharmacy savings cards to reduce costs.
- Avoid unauthorized online sellers as these pose a high risk of counterfeit or unsafe medication.