

I'm not a bot























How does zopiclone work? Zopiclone boosts the effectiveness of a chemical in the brain called gamma-aminobutyric acid (GABA). GABA blocks transmission across nerves in the brain and has a calming effect. By boosting the effectiveness of GABA, zopiclone improves sleep. How long does it take to work? Zopiclone takes around 1 hour to work. Can I get addicted to zopiclone? If you just take it for up to 4 weeks, you're unlikely to become addicted to zopiclone. You may become dependent on it if you take it for longer than 4 weeks. Ask your doctor or pharmacist for advice about stopping zopiclone. They can help you come off your medicine gradually if you have been taking it for a long time, or if you're worried about becoming dependent on it. What will happen if I do not suddenly stop? Taking this medication without telling your doctor, or as you may get withdrawal symptoms. This is when, for a few days or weeks, you may feel worse than before. You may also feel anxious or restless, have mood changes, and become very sensitive to light, noise and being touched. Speak to your doctor about coming off zopiclone. They may suggest that you reduce your dose slowly, over a few days or weeks, to prevent withdrawal symptoms. But if you've been taking zopiclone for less than a month, you're unlikely to have any of these problems. How long will it stay in my system? Zopiclone does not stay in your system for more than about 12 hours. But some people feel sleepy the next morning when they wake up. If this happens to you, do not do any activities that need you to be fully alert, such as driving, cycling, or using tools or machinery. Will I sleepwalk with zopiclone? Some people have reported doing things like sleepwalking, making food and making phone calls while they're asleep after taking zopiclone. They do not remember when they wake up. This is more likely to happen if you take zopiclone with alcohol or other medicines for mental health problems like depression or anxiety. If this happens to you, go back to your doctor for advice. Will it affect my contraception? Zopiclone does not affect how any type of contraception works, including the combined pill and emergency contraception. Can I drive or ride a bike? Do not drive a car, ride a bike or operate machinery if zopiclone makes you sleepy during the daytime, gives you blurred vision, or makes you feel dizzy, clumsy or unable to concentrate or make decisions. This may be more likely when you first start taking zopiclone, but could happen at any time, for example, when starting another medicine. It's an offence to drive a car if your ability to drive safely is affected. It's your responsibility to decide if it's safe to drive. If you're in any doubt, do not drive. Talk to your doctor or pharmacist if you're unsure whether it's safe for you to drive while taking zopiclone. GOV.UK has more information on the law on drugs and driving. Can I drink alcohol with it? No. Do not drink alcohol while you're on zopiclone. Alcohol and zopiclone together can make you sleepy very deeply, so you do not breathe properly and can have difficulty waking up. Is there any food or drink I need to avoid? Do not have drinks that contain caffeine, like coffee, tea, cola or energy drinks, while you're on zopiclone. Caffeine has the opposite effect of zopiclone in your body and stops it working. Will recreational drugs affect my sleep? Using cannabis with zopiclone will make its sleep-inducing effects worse. You could end up with very deep sleep, where you have difficulty waking up. Using heroin or methadone with zopiclone may also increase sedative effects of both of them. Again, you could go into a very deep sleep and have difficulty waking up. Talk to your doctor if you think you might use recreational drugs while you're taking zopiclone. You can find out more about the side effects of some recreational drugs on the Frank website. Can lifestyle changes help with insomnia? There are a number of things you can do to help with insomnia and getting to sleep regular times for going to bed and waking up. Relax before bedtime - try taking a warm bath or listening to calming music. Use thick curtains or blinds, an eye mask and earplugs to stop you being woken up by light and noise. Avoid caffeine, cigarettes, vaping, alcohol, heavy meals and exercise for a few hours before going to bed. Do not watch TV or use phones, tablets or computers just before going to bed. Do not nap during the day. Write a list of your worries, and any ideas about how to solve them, before you go to bed to help you forget about them until the morning. Some people find sleeping tablets you can buy in a pharmacy helpful, as an alternative to prescription medicines such as zopiclone. They cannot cure insomnia and they can have unwanted side effects, but they may help you sleep better for 1 to 2 weeks. Do not take them for any longer. Speak to a pharmacist for advice. Do not take any medicines or herbal remedies that make you feel sleepy while taking zopiclone. They can increase the drowsy (sedating) effects of your medicine. Page last reviewed: 18 February 2022 Next review due: 18 February 2025 Insomnia is a prevalent issue that affects millions of people worldwide, leading many to seek medical solutions to achieve restful sleep. One such solution is Zopiclone, a medication widely prescribed for its effectiveness in treating insomnia. However, while Zopiclone offers significant benefits in the short term, its long-term use can lead to dependency, making withdrawal a complex and challenging process. What is Zopiclone? Zopiclone is widely prescribed for its effectiveness in treating insomnia. According to the NHS, Zopiclone is prescribed for short-term use at a maximal dose of 7.5mg for adults at bedtime for no more than 4 weeks. For older people, the dosage is reduced to 3.75mg. As a non-benzodiazepine hypnotic agent, it acts on the brain's GABA receptors, helping patients fall asleep faster and stay asleep longer. However, the risk of dependence and the challenges associated with stopping its use are significant concerns, and the use of Zopiclone has wide-reaching effects, leading to a wide array of physical and psychological withdrawal symptoms when stopping, especially when taken beyond 4 weeks. With an increase in its use, understanding the withdrawal symptoms and the need for proper management is crucial. This article explores the complexities of zopiclone withdrawal, emphasising the structured withdrawal protocols and professional counselling services provided by Infinity Addiction Solutions where we offer a well-informed approach to addiction recovery. Factors That Can Increase The Chances of a Zopiclone Addiction Certain factors may heighten the risk of developing an addiction to Zopiclone, such as: A history of substance misuse Previously using Zopiclone to manage stress A tendency towards addiction in your family Easy availability of Zopiclone Using Zopiclone for a longer period in larger amounts than recommended by a GP The immediate negative health impacts of Zopiclone often become apparent to users after only a few doses. Common signs and Symptoms of Zopiclone Addiction If you take zopiclone for 4 weeks or less, you are unlikely to become addicted. However, if you do take zopiclone for longer than this it may hinder one's ability to function effectively, impacting job stability. There is a greater likelihood of making simple mistakes, being late, and missing work days. Financial stability may also be severely affected, further worsened by the high cost of the drug on the black market. Personal relationships with children, partners, and other family members may deteriorate due to the effects of Zopiclone addiction. Issues at home can lead to additional emotional distress, mental breakdowns, and heartache, which may perpetuate addictive behaviours. Stopping Zopiclone Use When trying to stop zopiclone use, there should be a tapering-off approach to reduce the risk of withdrawal effects. This can take a supportive community environment where individuals can share experiences and find collective solutions, thus alleviating the isolation often felt during addiction recovery. Integrative Therapy for Sustainable Recovery Cognitive Behavioural Therapy for Sleep (CBTS) is highly effective in addressing the cognitive and behavioural aspects of insomnia. It helps individuals identify and alter the thought patterns and behaviours that disrupt sleep, thereby tackling some of the root causes of insomnia that may persist even after withdrawal symptoms subside. Relaxation therapy is another vital tool in the recovery toolkit, offering techniques such as progressive muscle relaxation and guided imagery to combat anxiety and stress. These practices can be particularly beneficial for restoring natural sleep patterns and reducing the reliance on medications. By integrating these therapies into a recovery plan, individuals can gain valuable skills and strategies that not only support their immediate withdrawal journey but also contribute to their long-term health and quality of life. Recovery For those in recovery, relapse prevention is equally important. Developing a strong support network, maintaining regular follow-ups with healthcare providers, and engaging in ongoing therapy sessions can provide the reinforcement needed to sustain recovery. Additionally, lifestyle modifications, such as establishing a regular sleep schedule, exercising, and employing stress management techniques, play an essential role in maintaining overall well-being and reducing the urge to revert to medication. Conclusion Navigating the complexities of zopiclone withdrawal demands a well-rounded approach that extends beyond managing immediate symptoms. It involves a deep understanding of the medication's impact, the challenges of withdrawal, and the critical role of integrated therapeutic strategies in supporting long-term recovery. This article has outlined the necessity of recognising withdrawal symptoms, the benefits of counselling, and the effectiveness of integrative therapies in sustaining recovery. Preventive measures and robust relapse management strategies are indispensable in ensuring that recovery from zopiclone addiction is not only achievable but maintained over time. By adopting a proactive approach to education, therapy, and lifestyle adjustments, individuals can significantly enhance their resilience against dependency and relapse. For those seeking support with addiction, Infinity Addiction Solutions offers comprehensive help tailored to individual needs. If you or someone you know is struggling, do not hesitate to contact us today for professional assistance and guidance towards a path of recovery. Posted 10 years ago, 7 users are following. Hi there, I was wondering if anyone could tell me if this is normal. I have been on Zopiclone for about 4 years now. My dose was 7.5 but for the last month and a bit I've been taking 3.75. I take the zopiclone along with diazepam, phenegan, zopiclone and mirtazapine. I have been on most of those for four years. I have suffered two serious relapses in that time. I've been back on my feet now for about six months so I thought I would get my dose of zopiclone halved. But I feel ill. I feel sick. My sleep is not restful sleep. I have the most vivid nightmares and I just feel awful. It seems like the last six months have meant nothing as I feel so awful and down. I am studying with the Open University and prior to my dose being changed I was on track with it. But since my dose has been changed, I have no desire to do anything? Is this normal. I did not realise that just halving the dose would affect me this badly? Please tell me I am not alone in feeling like this 0 likes, 24 replies Gradual Reduction is Key: Stopping Zopiclone should always be done under the guidance of a healthcare professional to avoid withdrawal symptoms and worsening insomnia. Common Withdrawal Symptoms: Symptoms such as anxiety, insomnia, and physical discomfort are common when coming off Zopiclone, but they can be managed with the right support. Short-Term Use Only: Zopiclone is recommended for short-term use, typically one to two weeks, to prevent dependency and the risk of tolerance, which can reduce its effectiveness. Zopiclone is a widely used medication to treat insomnia, offering relief to those struggling with sleep. While effective, stopping Zopiclone can be challenging for many users, especially after using it for an extended period. In this guide, we will explore how to safely come off Zopiclone, answer common questions about withdrawal, and provide tips to make the process as smooth as possible. Why Would I Use Zopiclone? Zopiclone is primarily prescribed to treat insomnia. Insomnia can affect your ability to fall asleep, stay asleep, or get restful sleep. Some common symptoms of insomnia include: Difficulty falling asleep despite being tired Waking up frequently throughout the night Feeling irritable or fatigued during the day, even after a poor night's sleep If you experience any of these symptoms, it may be worth discussing them with your GP, who might prescribe Zopiclone to help manage your condition. Is Zopiclone Addictive? While Zopiclone is an effective treatment for insomnia, it is important to be aware that it can become habit-forming. Like other hypnotic medications, if used for extended periods, you can develop dependency or tolerance, meaning your body gets used to the drug, and it may no longer be as effective. Over time, this increases the risk of addiction. To avoid dependency, Zopiclone is typically prescribed for short-term use (usually 1 to 2 weeks). Your GP will often provide a plan to help you gradually reduce your dosage when it's time to stop taking it. Is It Possible to Stop Taking Zopiclone Immediately? It is not recommended to stop taking Zopiclone abruptly. Suddenly discontinuing Zopiclone can trigger withdrawal symptoms and even worsen your insomnia. Symptoms can include anxiety, restlessness, and rebound insomnia (worsening sleep problems). For the best results, gradual reduction is advised, with your GP providing a plan to taper off the medication slowly. This helps your body adjust to sleeping without the medication and reduces withdrawal symptoms. Is Zopiclone Suitable for Long-Term Use? Zopiclone is generally not intended for long-term use. Most doctors will prescribe it for short periods, generally no longer than two weeks, to help break the cycle of insomnia. Prolonged use can lead to dependency, reduced effectiveness, and worsening insomnia as your body adapts to the medication. What Are Common Zopiclone Withdrawal Symptoms? When you stop taking Zopiclone, withdrawal symptoms can occur. The severity and duration of these symptoms vary depending on factors such as how long you have been using the medication and how suddenly you stop. Some common withdrawal symptoms include: Insomnia: Your sleep difficulties may return and worsen. Anxiety and agitation: You may feel more anxious or restless. Nausea and vomiting: Physical discomfort is common. Excessive sweating: Some users experience increased perspiration. Rapid heartbeat: You may feel an elevated heart rate. If any of these symptoms are severe or persistent, it's important to speak to your doctor for guidance on how to manage them. How to Stop Using Zopiclone When Should I Stop Taking Zopiclone? You should stop taking Zopiclone as directed by your doctor. Generally, this will be over one to two weeks of use. Stopping any medication too soon or without proper guidance can lead to adverse effects, including worsening of your insomnia. What Is the Best Way to Come Off Zopiclone? The most effective way to stop using Zopiclone is to gradually reduce the dosage over time. Your GP may recommend cutting your dosage by half or reducing it by smaller increments each week until you no longer need the medication. In some cases, your doctor may suggest switching to a longer-acting medication, such as diazepam, before tapering off completely. This process ensures your body adjusts more comfortably. Can Tracking Your Withdrawal Progress Help? Tracking your progress while coming off Zopiclone can help you feel more in control and monitor improvements. Keeping a daily journal of your symptoms and how you feel can show positive changes over time, which can make the process feel less overwhelming. You can share this information with your doctor during follow-up visits to adjust your treatment if necessary. Zopiclone Withdrawal FAQs Can Zopiclone Withdrawal Cause Anxiety? Yes, anxiety is one of the most common withdrawal symptoms. As your body adjusts to life without Zopiclone, you may feel nervous or agitated. Your GP can provide strategies to manage this anxiety, including relaxation techniques or alternative therapies. Can Zopiclone Withdrawal Cause Aches and Pains? Zopiclone withdrawal can sometimes cause muscle aches and general physical discomfort. This is due to changes in how your body processes neurotransmitters like GABA, which regulate muscle tone and pain perception. Can Zopiclone Withdrawal Cause Difficulty Sleeping? Yes, one of the most common withdrawal symptoms is difficulty sleeping. You may experience more severe insomnia as your body readjusts. If this becomes particularly troublesome, your doctor may suggest alternative treatments or therapies to help manage the condition during withdrawal. Can Zopiclone Withdrawal Cause Mood Swings? Mood swings are common during withdrawal as your body goes through the adjustment period. You may experience feelings of irritability, sadness, or frustration. It's important to speak to your doctor if these mood changes become unmanageable, as they can help with strategies to cope. Final Thoughts Coming off Zopiclone should be done gradually and under the guidance of your healthcare provider to avoid withdrawal symptoms and ensure a smooth transition. It is a process that requires patience, but with the right support, you can overcome dependency and improve your long-term sleep health. Always consult your doctor or healthcare provider before making any changes to your medication, and they will guide you in tapering off safely and effectively. Medically Reviewed by: Dr. Irfan Siddique MBBS GMC reference no: 7694522 LinkedIn Sources: Zopiclone - NHS Zopiclone - BNF Zopiclone - Drugs.com Proud to be associated with Zopiclone is a commonly prescribed medication for the short-term treatment of insomnia. It is known for its effectiveness in helping individuals fall asleep faster and stay asleep longer. However, like many sleep aids, Zopiclone is not intended for long-term use due to the risk of dependency. When individuals decide to discontinue Zopiclone, they may experience withdrawal symptoms that can be uncomfortable and challenging to manage. In this blog, we will explore the symptoms of Zopiclone withdrawal, the typical timeline for withdrawal, and how to safely taper off the medication to minimize discomfort and reduce the risk of relapse. Understanding Zopiclone and Its Potential for Dependency Zopiclone belongs to a class of medications known as non-benzodiazepine hypnotics, often referred to as "Z-drugs." While Zopiclone is less addictive than some older sleep medications, such as benzodiazepines, it still carries a risk of dependency, especially when used for extended periods or in higher doses than prescribed. Dependency on Zopiclone can develop when the body becomes accustomed to the presence of the drug, leading to a situation where stopping its use suddenly can result in withdrawal symptoms. These symptoms can vary in severity depending on factors such as the duration of use, dosage, and individual health conditions. Related Article: Symptoms of Zopiclone Withdrawal Zopiclone withdrawal symptoms can range from mild to severe, depending on the level of dependency and how abruptly the medication is discontinued. Common symptoms of Zopiclone withdrawal include: Rebound Insomnia: One of the most common withdrawal symptoms is rebound insomnia, where the initial sleep problems return, often more intensely than before. This can lead to frustration and the temptation to resume taking Zopiclone. Anxiety and Agitation: As the body adjusts to the absence of Zopiclone, individuals may experience heightened anxiety, restlessness, and agitation. These symptoms can be particularly challenging to manage, especially if anxiety was a pre-existing condition. Mood Changes: Irritability, mood swings, and feelings of depression are not uncommon during Zopiclone withdrawal. These mood changes are usually temporary but can be distressing. Fatigue and Lethargy: Withdrawal from Zopiclone can lead to significant fatigue and lethargy, making it difficult to carry out daily activities. This can be exacerbated by poor sleep quality due to rebound insomnia. Tremors and Sweating: Physical symptoms such as tremors, sweating, and muscle aches can occur as the body detoxifies from Zopiclone. These symptoms are typically more pronounced in cases of long-term or high-dose use. Nausea and Stomach Cramps: Gastrointestinal symptoms, including nausea, vomiting, and stomach cramps, may also occur during withdrawal. These symptoms are often mild but can contribute to overall discomfort. Headaches: Some individuals may experience headaches during Zopiclone withdrawal, particularly in the early stages of tapering off the medication. Difficulty Concentrating: Cognitive difficulties, such as trouble concentrating and memory lapses, can also be part of the withdrawal experience. These symptoms usually improve as the body adjusts to being without Zopiclone. Related Article: Timeline for Zopiclone Withdrawal The timeline for Zopiclone withdrawal can vary depending on several factors, including how long the medication was used, the dosage, and the individual's overall health. However, a general timeline for Zopiclone withdrawal is as follows: First 24-48 Hours: The initial withdrawal symptoms often begin within 24 to 48 hours after the last dose of Zopiclone. During this period, individuals may start to experience rebound insomnia, anxiety, and mood changes. Days 3-7: Withdrawal symptoms typically peak within the first week after discontinuing Zopiclone. This period can be the most challenging, with heightened anxiety, agitation, and sleep disturbances. Physical symptoms like tremors, sweating, and nausea may also be more pronounced during this time. Weeks 2-4: By the second week, many of the acute withdrawal symptoms begin to subside. However, some individuals may continue to experience sleep difficulties, mood swings, and fatigue. Psychological symptoms, such as anxiety and depression, may persist but generally start to improve. Months 1-3: In the weeks and months following Zopiclone withdrawal, most symptoms gradually diminish. However, some individuals may experience prolonged withdrawal symptoms, known as post-acute withdrawal syndrome (PAWS), which can include ongoing sleep disturbances, anxiety, and cognitive difficulties. These symptoms typically resolve over time but can linger for several months. Your Journey to Healing Begins Here How to Safely Taper Off Zopiclone? Abruptly stopping Zopiclone can lead to intense withdrawal symptoms, making it important to taper off the medication gradually under the guidance of a healthcare professional. Tapering allows the body to adjust slowly to lower doses, reducing the severity of withdrawal symptoms and increasing the likelihood of a successful discontinuation. Here are some strategies for safely tapering off Zopiclone: Consult a Healthcare Professional: Before making any changes to your medication regimen, it is essential to consult with a healthcare provider. They can assess your situation, recommend a tapering schedule, and provide support throughout the process. Gradual Dose Reduction: Tapering off Zopiclone involves gradually reducing the dose over time. The rate of reduction will depend on factors such as the initial dose, duration of use, and individual response. A common approach is to reduce the dose by 10-25% every 1-2 weeks, but this schedule may be adjusted based on your needs. Monitor Symptoms: As you taper off Zopiclone, it is important to monitor your symptoms closely. Keep a journal of your sleep patterns, mood changes, and any physical symptoms you experience. This information can help your healthcare provider adjust the tapering schedule if needed. Incorporate Sleep Hygiene Practices: To support the tapering process, it is helpful to adopt good sleep hygiene practices. This includes maintaining a regular sleep schedule, creating a comfortable sleep environment, avoiding caffeine and alcohol, and engaging in relaxation techniques such as deep breathing or meditation. Seek Support: Withdrawal can be a challenging process, and having a support system can make a significant difference. Consider joining a support group, talking to a therapist, or confiding in friends and family members who can offer encouragement and understanding. Address Underlying Issues: If you initially used Zopiclone to manage anxiety, depression, or other mental health conditions, it is important to address these underlying issues during the tapering process. Your healthcare provider may recommend alternative treatments, such as cognitive-behavioral therapy (CBT), to help manage these conditions without relying on medication. Stay Committed: Tapering off Zopiclone can be a slow process, and it is important to stay committed to the plan. There may be setbacks along the way, but with persistence and the right support, you can successfully discontinue Zopiclone and achieve better overall health. Related Article: Final Thoughts Zopiclone withdrawal can be a challenging experience, but with the right approach, it is possible to taper off the medication safely and effectively. By understanding the symptoms and timeline of withdrawal, working closely with a healthcare provider, and incorporating supportive strategies, you can navigate the process with greater ease and confidence. At Addiction Rehab Toronto, we are here to support you every step of the way, offering the guidance and care you need to achieve lasting recovery and improved well-being. Contact us and get help today! Sleeping pills can be a saving grace for people struggling with insomnia or other sleep disorder issues. However, sleeping pills like Zopiclone or Xanax have highly addictive attributes that often take over people's lives. This blog post explores what Zopiclone is, talks about how long a Zopiclone withdrawal lasts and shows you what the side effects of a Zopiclone withdrawal are when you decide to stop taking it. What Is Zopiclone? Zopiclone is a nonbenzodiazepine used to treat insomnia and other sleeping disorders. The drug is commonly sold under the brand name Imovane, or multiple other brand names. Symptomatic and short-term relief of sleep disturbances is the main use of Zopiclone. It can help people who frequently wake up during the night or have difficulty falling asleep. The medication should not be taken for more than seven to 10 days and should only be utilized by individuals whose sleep deprivation interferes with their daily activities. Zopiclone generally comes in tablet form but sometimes is available in a liquid solution for patients who find it challenging to swallow pills. Both types of Zopiclone are available through prescription only; the liquid version, however, will need to be ordered specially. The drug is usually prescribed for seven to 10 days because the body quickly builds a tolerance to it. Zopiclone withdrawal begins to set in, and the person notices that the medication doesn't have the same effect as when they started using it. The Zopiclone withdrawal cycle also increases the chances of dependency and habit-forming behaviour. In this article, we'll talk about the withdrawal symptoms of Zopiclone, how long the period is, and what to expect during a zopiclone withdrawal. Bored woman in self isolation laying on the sofa. Woman in quarantine for coronavirus working from home. Why Is Zopiclone So Addictive? Zopiclone is a drug distinct in molecular structure but comparable to benzodiazepine's effect on the brain. It affects the same parts of the brain as alcohol and benzodiazepine, namely: The cortical and hippocampal areas Nucleus accumbens Amygdala Mammillary bodies These areas have the highest density of localized benzodiazepine receptors that absorb the drug and increase the effects of GABA (gamma-aminobutyric acid) on the body and brain. Therefore, reducing anxiety and instigating sedation while making you feel sleepy and relaxed. Once a person becomes dependent on the Zopiclone sleeping pills, their anatomy requires the medication to remain in a "normal" state of mind. The powerful addictive nature of the substance induces euphoric dream-like states and can precipitate sleep onset in under 30 minutes. With some people developing Zopiclone dependency within only a few weeks of use, it's easy to see why "withdrawing from Zopiclone" is something a user would search for online. Potential Side Effects of Long-Term Use Zopiclone addiction has multiple long-term and short-term adverse health effects. Although Zopiclone addiction can present itself to any individual who takes the sleeping pill, some characteristics may increase the chances of becoming hooked on the drug, including: Substance abuse history Previously using Zopiclone as a coping mechanism A family history of addiction Easy access to Zopiclone Taking Zopiclone for longer or higher doses than prescribed by your general practitioner The short-term adverse health effects of Zopiclone typically show themselves to users within the first few times of administration. Issues including increased risk of accidents due to dangerous behaviour, cognitive impairment, drowsiness, dizziness, and headaches are the most common effects in the interim. Zopiclone also has some serious long-term side effects that should be noted before usage commences. These effects include but are not limited to the following: Slowed breathing Constipation Amnesia Flu-like symptoms Nightmares Liver damage Abdominal pains Heart palpitations Chest pains Rebound insomnia, depression, and psychotic episodes are other potential severe side effects of long-term Zopiclone use. This statement is especially true when users become tolerant of the drug, and it stops working the way it should. Due to these adverse effects, Zopiclone's prescription period is generally recommended for four weeks only with the smallest practical dosage based on the severity of the user's sleep disorder symptoms. Common Signs and Symptoms of Zopiclone Addiction Zopiclone withdrawal side effects and addiction can impede the ability to function at the degree required to keep a stable job. The chances of making basic errors, arriving late, and missing a day's work increase significantly. A person's financial health may take a big knock which is intensified by the black market price of the drug. Personal relationships with children, spouses, and other family members may begin to suffer the wrath of Zopiclone addiction. These household problems can cause additional emotional distress, mental breakdowns, and heartache, fueling addictive behaviour. Zopiclone Withdrawal Symptoms If you or an individual you know are trying to wean off Zopiclone, there are a few things to consider. Most users experience a few symptoms during Zopiclone withdrawals, while others may not experience any complications. The list below mentions nine of the most common symptoms people experience during a Zopiclone withdrawal. Irritability Feeling disconnected from reality Sleeping problems Depressing thoughts Muscle spasms, pains, and aches Convulsions (rare) Paranoia - Being afraid that other people want to hurt you Shaking Confusion With these Zopiclone withdrawal symptoms ranging in severity, it is easy to see why someone would seek more of the drug to alleviate these issues. However, users should be aware that the longer they take this medication, the more likely they will experience more problems. Zopiclone withdrawal symptoms can be minimized by lowering the dose while the body goes through homeostasis and begins to normalize without the drug. This is the best way to stop using the sleeping pill without experiencing severe adverse Zopiclone withdrawal side effects.. Shot of an unrecognizable man holding his chest in pain indoors Zopiclone Withdrawal Duration When you stop taking the drug, your anatomy goes through homeostasis to rid itself of any traces of Zopiclone. Depending on various factors, such as how much and for how long someone has taken the sleeping pill, Zopiclone withdrawals can vary in severity and duration. These Zopiclone withdrawal symptoms can range from uncomfortable to potentially deadly. That's why it's best to work with a professional to provide a full assessment of the patient before checking them into rehab. Andy Bhatti has been helping users with Zopiclone withdrawals and addiction for several years. We know how to create personalized detox plans based on the patient's previous history with the drug. The table below shows what the average user goes through during a typical Zopiclone withdrawal. Days During the Zopiclone Withdrawal Process What Users Experience One to two days after abstinence A few days after the final Zopiclone dose, people may start to feel irritable, anxious, or experience muscle spasms. Two to five days after abstinence This is the most significant stage of Zopiclone withdrawal, where users may encounter digestion problems and intense nausea. Hallucinations, insomnia, mood swings, extreme restlessness, and acute cravings for the drug are other issues experienced during this phase of Zopiclone withdrawal. Five to 14 days after abstinence After around five days of detoxing, the withdrawal symptoms of Zopiclone will begin to dissipate in intensity. Some symptoms may still occur, such as depression, lethargy, or disrupted sleep. Most Zopiclone withdrawal symptoms tend to fade away entirely after two weeks. If these problems persist, specifically the serious ones that hinder daily activities, users may be experiencing post-acute withdrawal syndrome (PAWS). These prolonged Zopiclone withdrawal periods require ongoing medical, emotional, and behavioural support. Strategies For Overcoming Zopiclone Withdrawal Understanding the underlying causes of Zopiclone addiction forms the basis of recovery from the drug. Once the recovering person has recognized these causes, a counsellor or behavioural specialist can help them learn the skills required to overcome them. During rehabilitation, there are various therapies that are designed to assist in preventing relapses or underlying problems. These additional treatments are recommended for people struggling to overcome Zopiclone withdrawals or addiction: Yoga Family therapy Group therapy Meditation One-to-one counseling Cognitive behavioural therapy Once you have completed a Zopiclone withdrawal, detox, or rehabilitation, maintaining sobriety is crucial as you continue along the road to recovery. By creating a structured plan and through ongoing support, you'll never have to struggle again with your Zopiclone addiction. Here is a table sharing three tips for avoiding relapse during the Zopiclone withdrawal process: Recommendation to Avoid Zopiclone Withdrawal and Addiction Relapse Actionable Step Practice Self-Care Perform calming activities, such as walking yoga, or meditation if Zopiclone cravings become imminent. Concentrate on eating healthy foods and getting optimal sleep. To deter boredom, try out new hobbies or go out and meet some new friends. Avoid Risky Situations Take the steps to avoid places that could pose a potential risk of Zopiclone use. Friends or places associated with the drug can be triggers that urge users to continue using. Stay In Touch Keep speaking with your support network, irrespective of whether it's people you met in rehab or family and friends. This reminds you that you're not alone in this Zopiclone withdrawal journey. Zopiclone Success Stories If you've read this far, you'll understand how difficult Zopiclone withdrawals and addiction can be. However, there's light at the end of the tunnel for users with a strong support system. Of course, having the desire to abstain from the drug is the first step to recovery. Let's look at real-world examples of how people have overcome Zopiclone addiction and withdrawal. Trudee's Zopiclone Withdrawal Tapering Success Story Five years ago, Trudee realized she was sleeping her life away. She was on 50 mg Trazodone and 5 mg Prozac for previous insomnia and depression issues. Trudee tried to follow the doctor's directions to wean off the drugs but ended up having a severe panic attack which landed her in the hospital. After her stint with urgent care, Trudee was back on Trazodone, Prozac, and now Imovane. One year later, she couldn't take it anymore and had to contact a counsellor to get this addiction under control. Her behaviour started to become erratic, and she wondered if she was experiencing a manic depressive disorder. That's when she contacted a professional for an intervention and left the rest in God's hands. She first lowered her doses and worked with behavioural counsellors to mitigate habit-forming actions and heal past trauma. There have been many trials and tribulations throughout Trudee's recovery, but one thing is sure. She had overcome his Zopiclone and other prescription drug addiction with the help of his supportive wife, friends, and expert counsellors. Rita's Zopiclone Withdrawal Success Story Rita's story began when she visited the doctor, complaining that she had trouble sleeping. Her local GP prescribed Zopiclone to ease anxiety and give her the rest she needed. The doctor told her to take the Zopiclone sleeping pill for three to four days, and she followed the instructions verbatim. She felt well-rested after taking the drug for the first three days, so she decided to avoid it on the fourth. That was her worst night, so she retook the sleeping pill in trepidation. Within three days, Rita was hooked on Zopiclone. She tried everything to avoid the medication, including natural herbal remedies, sleep routines, yoga, exercise, and white noise, but nothing worked. Eventually, she came across a local rehabilitation facility and scheduled a meeting immediately. The counsellors established a plan for her to get through the Zopiclone withdrawal and assisted her through every step. "It was lovely to find someone who cares and understands what I was going through. I'm now free from the drug and aim never to go through the Zopiclone withdrawal process again." Sarah said to one of counsellors after rehabilitation. Suzie's Zopiclone Withdrawal Success Story This Zopiclone withdrawal success story starts with Suzie wanting to get off the sleeping pill as soon as possible so she can get back to being fit and healthy. She had been struggling with Zopiclone addiction for the last two years after being prescribed the medication after complaining to the doctor she could not sleep. She had a supportive family and a loving husband who could not stand to watch her suffer at the hand of the Zopiclone sleeping pill. They contacted a rehab centre to find help for Suzie as she had trouble stopping Zopiclone alone. The rehabilitation team at the facility showed Suzie compassion and crafted a program that suited her particular needs. After following the program religiously for 10 months, Suzie is finally free from Zopiclone withdrawals and addiction. She proudly said, "I now use my time to build my mind, body, and health. The life I lead now is much better than before, and I only have appreciation and gratitude for all that helped me on my journey." Sherry's Zopiclone Withdrawal Success Story For over three and a half years, Sherry had been struggling with insomnia and depressive moods. She was stressed out over work, and due to the recent deaths of two family members, so her doctor prescribed Zimovane to alleviate some of these stresses. After only a few days of taking the medication, she was completely hooked and began using it every night to fall asleep. This led to her extending her prescription past the recommended period and eventually seeking out the drug on the black market. A year later, Sherry was deep into her Zopiclone addiction, and her husband started to really worry about her mental health. He searched high and low for a drug and alcohol treatment centre in Ottawa and came across a great solution. With the help of the trained counsellor, Sherry was able to convey her feelings about the past and locate the cause of her Zopiclone addiction. The addiction specialists tailored a plan to help Sherry wean off Zopiclone while easing the withdrawal process. After only six months of working, Sherry was completely free from Zopiclone. Her husband was ecstatic about her results and said, "My wife has made me so proud. After all, we've been through, she came out on top and is stronger than ever. Our relationship is flourishing, and our children are happy to have their mother back." Conclusion Zopiclone withdrawal and addiction are two of the most challenging things to experience when you're a drug user. The quick onset of withdrawal symptoms and the potential to create habit-forming tendencies make Zopiclone a medication that can run lives. If you or someone you love is struggling with Zopiclone withdrawals or addiction, it's a good idea to reach out to a professional at one of the following four rehab centers: Cedars at Cobble Hill Sunshine Coast Health Centre Canada Drug Rehab Each facility has trained experts who can help Zopiclone users overcome their addictions and live better lives. All patients are treated with the utmost dignity and respect, while counselling sessions and 24-hour support are handled with compassion and integrity. Contact a specialist to find out more about the options available. Each time a person decides to quit taking Zopiclone, his or her body feels the effects, resulting in withdrawal symptoms. Such symptoms can be mild or severe depending on the degree and period of use of the substance in question. Physical Symptoms Insomnia or disrupted sleep patterns Headaches Muscle pain or cramps Fatigue Sweating Nausea or vomiting Psychological Symptoms Anxiety or panic attacks Irritability or mood swings Restlessness Depression Difficulty concentrating Hallucinations (in severe cases) Rebound Insomnia Such a withdrawal symptom, rebound insomnia is known as worse sleep problems than the underlying condition, which helps with Zopiclone. Because of this, it can take several days or weeks for the objective horizon of the self to be disrupted. They usually appear around 24 - 48 hours after stopping the medication and might last one to two weeks, although some of the psychological withdrawal symptoms may persist for longer times. 9 Minutes Edited & medically reviewed by THE BALANCE Team Zopiclone is a sleeping pill popularly prescribed to help with insomnia. Cerebral Zopiclone is a type of the benzodiazepine class of drugs. It is considered a class C controlled drug in the UK, which means it is available only through a prescription. Unfortunately, despite the strict regulatory checks, the prevalence of zopiclone abuse is rising. Thousands of people within the UK continue to suffer in silence despite the negative consequences because they are too afraid to stop due to the much-dreaded zopiclone withdrawal. If you or someone you know is fighting zopiclone addiction and need help to quit without damaging their health, seeking professional help is necessary. A high-quality rehab centre can offer a medically supervised programme to make your zopiclone withdrawal process as smooth and comfortable as possible without any lifelong consequences. Just like other prescription medications, zopiclone has its own side effects, such as dizziness, drowsiness, and headaches. Many users report sleepwalking or performing other activities during sleep under the influence of this sleeping pill. Evidence also suggests that a significant proportion of people using zopiclone are much more likely to break their bones and acquire other injuries due to falls than those not using it. Moreover, zopiclone has also been known as a perpetuating factor for criminal activities where the person using it is unaware of their actions. Other zopiclone dangers include a risk of an overdose or suicidal ideation, both of which may prove fatal for many. A withdrawal occurs when you suddenly reduce the dosage or altogether quit a medication you are dependent on. Dependence occurs when your body requires a particular substance to keep functioning normally. Zopiclone and other brain depressants work by slowing down some of the body's crucial functions while boosting the amount of GABA, a natural neurotransmitter chemical produced by the body. While drugs like zopiclone help correct GABA imbalance to promote sleep, they significantly decrease its natural production, forcing the body to depend on it to acquire this chemical. When you suddenly stop zopiclone at this point, the GABA levels drop drastically. This triggers a ricochet effect where you go through a withdrawal as your brain struggles to restart its natural GABA synthesis on its own. While zopiclone may not cause depression directly, some studies suggest its role in worsening the pre-existing depressive disorder. Regular sleeping aid in people with depression can lead to self-harm, suicidal tendencies, increased agitation, and aggressive behaviours. Hence, the use of zopiclone in individuals with co-existing mental health issues is usually subject to expert scrutiny. The severity and duration of zopiclone withdrawal vary from one individual to another. However, in most cases, the withdrawal symptoms tend to fade in intensity after the fifth day following the last dose. Some users report the symptoms less frequently, while others feel they become more manageable past this limit. For the majority, complete resolution takes about two weeks, while a small number of people continue to suffer from these symptoms for longer. Our representatives are available 24/7. Call us now. +442039961507 LASTING APPROACH Psychological & Holistic Therapy