

Ambien Addiction Treatment Center in Arizona

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We Can Help End Ambien Addiction at Renaissance Recovery Center in Arizona

Located in Gilbert, Arizona, the [Renaissance Recovery Center](#) works with addicts and their families to develop an individualized treatment program to end the pain of Ambien addiction. The programs in our [outpatient treatment facility](#) also incorporate [faith-based approaches](#). The Center works with [a variety of insurance plans](#). Those concerned about Ambien addiction and searching for ways to address this serious issue should contact Renaissance Recovery Center today.

If you're ready to obtain freedom from Ambien addiction, contact Renaissance Recovery Center for a FREE assessment by calling 480.739.3342 or via web contact form. A caring advisor is standing by.



Help to End Ambien Dependency

Ambien is a sedative available with a physician's prescription. Also known as Zolpidem, this drug allows those who have insomnia or difficulty sleeping to calm down and rest while in bed. Generally prescribed for a short period (usually less than a month), Ambien does not have the addictive characteristics of Ativan or Xanax if used as directed. Unfortunately, if taken at higher dosages than prescribed or used for an extended period, Ambien may cause harm.

How is Ambien misused?

People with prescriptions to Ambien usually take a single pill with a dosage of 5 or 10 milligrams per day. The recommended dosage for most people is 5 milligrams, taken shortly before bedtime and at least 7 hours before the person expects to wake up. Considered a short-term medication to assist in relaxing the body to improve sleep, Ambien is misused when taken in larger dosages, multiple times per day, or for prolonged periods of time. Anyone taking Ambien without a prescription is misusing the drug as well.

Can Ambien Be Addictive? Is Ambien addicting?

Similar to other drugs, Ambien does impact the brain's chemical balance. Recognizing the habit-forming characteristics of Ambien, the Food and Drug Administration has answered the question "Is Ambien addictive?" by lowering recommended dosages in recent years. To address the growing concerns of addiction, physicians often encourage those with sleep difficulties to consider non-prescriptive or non-medicinal interventions such as encouraging patients to establish a regular sleep schedule or to improve their sleeping habits without a strong sedative.

How does addiction to Ambien occur?

- When the drug is used without a prescription
- When taken for recreationally or for reasons unrelated to its prescribed purpose
- When used in dosages or time periods that differ from the prescription

What Signs Indicate that a Person is Addicted to Ambien?

- Frequently refilling a prescription or doctor shopping to get additional pills
- Using Ambien for a prolonged period of time
- Craving and taking larger dosages than prescribed
- Exhibiting personality changes, such as becoming more isolated
- Declining performance in school, social settings, and at work

What are the Long-Term Effects?

Ambien's effectiveness decreases with prolonged use, encouraging many people to take larger amounts. If unchecked, a variety of symptoms such as nausea, hallucinations, forgetfulness, and a decline of judgment may occur. Physical effects include feelings of weakness, problems breathing, slower heartbeat, and difficulty maintaining balance. Prolonged and excessive use may lead to incapacitation and death.

Will a Person Experience Withdrawal Effects?

Yes. Those who attempt to end their addiction should never stop "cold turkey." They need to wean themselves by reducing the dosage and amount taken. They should seek a treatment facility that can assist them.