



My 7-Day Sleep Diary

Discover your sleep patterns by filling out this simple diary, and bringing it to your doctor.

Morning Questions	S	M	T	W	T	F	S
1. What time did you first go to bed last night?							
2. About how long did it take you to fall asleep?							
3. About how many times, if any, did you awaken during the night?							
4. Overall, about how many hours did you sleep?							
5. At what time did you wake up (for the last time) this morning?							
6. In general, how did you feel when you woke up? <i>V (Very refreshed) S (somewhat refreshed) F (Fatigued)</i>							

Night Questions	S	M	T	W	T	F	S
7. How much time, if any, did you spend napping during the day?							
8. Did you consume any of these substances during the day? <i>C (Caffeine - within 6 hours of bedtime)</i> <i>AL (Alcohol - within 1 hour of bedtime)</i>							
9. When did you exercise during the day?							
10. On a scale of 1 to 5, how would you rate your overall functioning during the day? <i>1 - 2 - 3 - 4 - 5 (1 = Lethargic, 5=Energetic)</i>							

AMBIEN CR is indicated to help you fall asleep and/or stay asleep

IMPORTANT SAFETY INFORMATION

AMBIEN CR is a treatment option you and your doctor can consider along with lifestyle changes and can be taken for as long as your doctor recommends. When taking AMBIEN CR, don't drive or operate machinery. Plan to devote 7 to 8 hours to sleep before being active. Sleepwalking, and eating or driving while not fully awake, with memory loss for the event, as well as abnormal behaviors such as being more outgoing or aggressive than normal, confusion, agitation, and hallucinations may occur. Don't take it with alcohol as it may increase these behaviors. Allergic reactions such as shortness of breath, swelling of your tongue or throat, may occur and in rare cases may be fatal. In patients with depression, worsening of depression, including risk of suicide may occur. If you experience any of these behaviors or if you have an allergic reaction while using AMBIEN CR contact your doctor immediately. Side effects may include next-day drowsiness, dizziness and headache. AMBIEN CR has some risk of dependency. It's non-narcotic.

Please refer to the [full prescribing information](#) and [medication guide](#).

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Get a 4-Night Free[†] Trial Offer on AMBIEN CR

4 Night Invite

Bring this 4-night FREE[†] Trial Offer to your healthcare provider today.

1. Ask your healthcare provider if AMBIEN CR is right for you. If it is, ask for a 4-night prescription to receive your free[†] trial.
2. Present this certificate and your 4-night prescription for AMBIEN CR to your local pharmacy to receive 4 nights of AMBIEN CR, FREE[†].

• Good for 4 tablets of only AMBIEN CR 6.25-mg or 12.5-mg. • Group#: H1600017 • ID#: SD4051843 • BIN #: 610500 • Expiration date: 1/31/2010

For the Physician:

- In order to use this certificate, your patients will require one prescription for four (4) tablets of Ambien CR[®] (zolpidem tartrate extended release) 6.25-mg or 12.5-mg.
- If you wish your patient to continue on AMBIEN CR beyond the free trial period, you must also provide a separate prescription based on your recommended therapy.
- Refills will not be authorized with this certificate.

For the Pharmacist:

- Please dispense this sanofi-aventis medication to the patient without a copayment. No purchase required.
- Redeem one time for product only when attached to a valid, signed prescription for Ambien CR[®] (zolpidem tartrate extended release) 6.25-mg or 12.5-mg tablets. No substitutions permitted.
- Limit four (4) tablets of Ambien CR[®] (zolpidem tartrate extended release) 6.25-mg or 12.5-mg per prescription.
- This certificate is good for one fill only. Please process any additional fills for AMBIEN CR under the patient's primary insurance as a new prescription with a new Rx number.
- Limit one free trial certificate redemption per person for the duration of the program.
- This offer is not valid for patients who have previously redeemed a 7 Night Invite free trial offer

Pharmacist Should Follow These Steps:

- Transmit the claim to McKesson Specialty, Arizona using BIN #610500.
- Remove the Identification # and Group # from the patient profile after the claim has been adjudicated. Patient confidentiality is maintained.
- McKesson retains the rights to review all records and documentation relating to the filling/dispensing of product.
- For assistance with this claim or rules and restrictions governing the sanofi-aventis Free Trial Program, please call the McKesson Specialty Arizona Help Desk at 1-800-750-9835.

*** Terms and conditions:** CERTIFICATE GOOD ONLY ON AMBIEN CR PRESCRIPTION. This certificate is valid only for the patient whose name appears on the prescription for AMBIEN CR, and is limited to one free trial certificate redemption per person for the duration of the program. This offer is not valid for patients who have previously redeemed a 7 Night Invite free trial offer. This certificate may not be sold, purchased or traded, or offered for sale, purchase or trade, or counterfeited. Duplicate requests and requests from clubs, groups or organizations will not be honored, acknowledged or returned. Restrictions apply. Not valid for prescriptions reimbursed under Medicare, Medicaid or any federal or state healthcare programs, including any state, medical or pharmaceutical assistance programs, if insurer or other third-party payer reimburses or pays for any part of the prescription price. Void where prohibited by law, taxed or restricted. Sanofi-aventis reserves the right to rescind, revoke or amend this offer without notice.

*McKesson Specialty Arizona Inc Scottsdale AZ 85251 Patent Pending

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