



What Dosage of Zopiclone is Suggested?

health, mentalhealth, insomnia, anxiety

Adults in the UK can use zopiclone 7.5 mg at a nighttime dose, once per day for up to four weeks. Zopiclone 3.75 mg once daily for up to four weeks is the recommended starting dosage for senior patients. If more is required, this can be raised to [Zopiclone 7.5 mg](#) per day. Similar to other benzodiazepine sleeping medications, these dosages have been demonstrated to provide sedating and sleep-inducing effects. To reduce the chance that your body will become used to it and the medication will lose its efficacy, it is typically given for short-term use (2-4 weeks). Short-term usage is also indicated to prevent you from becoming dependent on the medicine. The Diazepamshoponline website contains further details regarding zopiclone. You can visit the site and get more knowledge about zopiclone and also about other available medicines.

