

# FDA: Big Pharma Drugs Are Making People Kill Themselves While They Sleep

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*Sleeping drugs such as Ambien have been making people kill themselves in their sleep, says the Food and Drug Administration. Drugs that supposedly help people sleep are linked to falls, burns, poisoning, limb loss, drowning, and even suicide.*

[According to The New York Times](#), this could all be solved by adding warning labels to the bottles of the pills instead of people trying to get off Big Pharma's drugs.

Incidents related to sleeping pills have included "accidental overdoses, falls, burns, near drowning, exposure to extreme cold temperatures leading to loss of limb, carbon monoxide poisoning, drowning, hypothermia, motor vehicle collisions with the patient driving, and self-injuries such as gunshot wounds and apparent suicide attempts," according to the [FDA's own research](#). But rather than tell people not to use such drugs, the FDA simply wants people to know they could kill themselves after taking the pills.

The FDA announced Tuesday that a prominent warning would be required on all medication guides for Ambien, Lunesta, Sonata, and the generic version of Ambien, which is called zolpidem. The FDA also mandates a separate warning against prescribing the drugs to anyone with a history of sleepwalking.  
-[Futurism](#).

That's a lovely side effect...

"Patients usually did not remember these events," [the agency wrote, according to Futurism](#). Bizarre actions have been widely reported after using sleeping pills, and the FDA has warned about this in the past - [12 years ago](#), in fact. That means this isn't exactly new information. Big Pharma's drugs have been problematic for quite some time now, but it is comforting to see others take note of just how disastrous some of these medications can be to humanity.

Some have expressed their surprise at the FDA's admission that these pills may not be all that safe for people to use. "I am surprised to see this warning come out now," University of Pennsylvania physician [Ilene Rosen told The NYT](#). "This is something I've been telling my patients for the last 15 years, and in the sleep community, this is well known. And I'd like to think we've done a good job putting the news out there, that these drugs have some risks."

But all drugs have risks and hopefully, people will begin to realize that medications simply treat the symptom not the underlying problem that caused the issue to begin with. Western medicine is about management, not treatment. And it isn't just Ambien and sleeping drugs

humanity should be worried about; it's all the drugs pushed on the public every single day.

[Ben Goldacre's book \*Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients\*](#) is great at explaining the dilemma we as a society have found ourselves in. We like to imagine that regulators have some code of ethics and let only effective drugs onto the market, when in reality they approve useless drugs, with data on side effects casually withheld from doctors and patients. This book shows the true scale of this murderous disaster. Goldacre believes we should all be able to understand precisely how data manipulation works and how research misconduct in the medical industry affects us on a global scale.

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