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## Sleeping Pills Implicated in Multiple Recent Accidents

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While most individuals know well enough to avoid driving when they are under the influence of alcohol or prescription drugs, there is one medication that has been implicated in a growing number of accidents—and it's particularly alarming for consumers and for [Delray Beach car accident attorneys](#) alike. Sleeping pills, in particular prescriptions such as Ambien, have been implicated in multiple accidents in the past few years—at rates that are increasing, albeit slowly. The phenomenon, being dubbed the “Ambien defense” by cynics, is certainly an issue that individuals should be aware of.

New studies have shown that popular sleeping pills such as Ambien and Restoril are linked to an increased risk of early death; in particular, the FDA has recently required that such medications include information in their advertisements about the dangers of driving while under the influence of the medication, along with the advisement that many who took the drug engaged in behaviors without being aware of what they were doing. Sleepwalking has always been a well-known side effect of such medications, but the more dangerous counterpart to this is sleep-driving. Another study conducted in Norway has found that the first days after starting a sleep medicine prescription carry the largest risk for those individuals taking the medication to have an accident while driving. Any experienced [Delray Beach car accident attorney](#) is, like many other lawyers in the field, quickly becoming aware of the risks associated with these medications.

Perhaps the most well-known of the recent Ambien-linked car accidents is that of Kerry Kennedy, daughter of Robert F. Kennedy and niece to President John F. Kennedy. According to Kennedy, she mistakenly took an Ambien instead of her usual dose of synthetic thyroid hormone in the morning. Because she was unaware that she had the drug in her system, she proceeded to drive, though her memories of the travel are very limited. Kennedy ended up slamming her Lexus SUV into a truck on a New York highway in July 2013, resulting in a charge of Driving While Intoxicated (DWI). Kennedy was acquitted, in spite of rigorous prosecution. But Kennedy is only one of many individuals involved in such accidents; as the number of people receiving prescriptions for sleeping pills such as Ambien increases, the number of car accidents associated with the medication is also on the rise. While it's not possible to completely eliminate the risk of driving while under the influence of sleep medication, as an experienced [Delray Beach car accident attorney](#) can advise, there are steps that individuals can take to minimize their chances of driving while in an unsafe state. Make sure that when you begin taking such medications, you are not required to drive shortly after waking; give yourself a few days to adjust to the effects of the medicine. It is also important to go immediately to bed after taking such products, to make it less likely that you'll be tempted to do something unsafe while the drug is affecting you. By exercising caution with such prescriptions, you can avoid the need to hire a [car accident attorney](#).

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