

Sedative Hypnotic – Benzodiazepines (BZD)

- Action: It stimulates the GABA- A receptor, which help you to sleep
- Benzos are used to treat insomnia short-term, keep patients calm for procedures while they are awake, and to treat night terrors and sleep walking in children

Short Acting – more addictive

Triazolam (Brand name: Halcion)

Oxazepam (Brand name: Serax)

Intermediate to Long Acting – their effect can last for a while, so they should be used sparingly in elderly or in those with liver damage

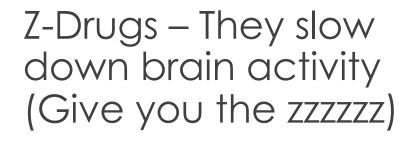
Estazolam (Brand name: ProSom)

Flurazepam(Brand Name: Dalmane)

Quazepam (Brand Name: Doral)

Temazepam (Brand Name: Restoril)

Side effects of all BZD: Impaired judgment, Risks for driving, Tolerance to the medication requires increasing doses if used too often, Impaired coordination (falls) and Confusion in elderly



- Action: Bind also to the the GABA-A receptor to help you sleep
- Z-drugs are used for short-term treatment of insomnia and they are less likely to promote addictive habits while using them than using benzodiazepines

Rapid Acting Z drugs for help falling asleep quickly

- Zaleplon (Brand name : Sonata)
- Zolpidem (Brand name: Ambien)

Long Acting Z Drugs for help falling asleep and maintaining a long sleep

• Eszopicione (Brand name: Lunesta)

Side Effects of all Z-Drugs: Elderly are more prone to cognitive impairment, Falls, and Delirium on these drugs

Melatonin Receptor drugs

- The Melatonin Receptor controls your sleep/wake cycle telling your body when its time for bed
- Action: The drugs binds to the MT1 and MT2 receptor of the melatonin receptor in the brain and helps in treating short-term insomnia and insomnia in blind patients
 - Remelteon (Brand Name: Rozerem)
 - Tasimelteon (Brand name: Hetlioz)
- Benefits: Safer for the elderly population, no withdrawal symptoms, and a very limited side effect profile

Other FDA approved sleep aids

Action: Orexin receptor antagonists – orexin promotes wakefulness in the brain, so blocking it promotes sleep

- Suvorexant (Brand Name Belsomra) Treats adults and children with insomnia
- Lemborexant (Brand Name: Dayvigo) A medication for sleep disorders/<u>chronic</u> insomnia
- Side effects: Drowsiness, Dizziness, Headache, Dry mouth,

Action: Tricyclic
Antidepressant –
releases
serotonin and
Norepinephrine
in the brain

- Doxepin (Brand Name: Silenor) A drug for depression with a secondary effect of treating insomnia
- Side effect: extensive side effect profile including Dry mouth, Urinary retention, Drowsiness, Blurry vision, and Constipation among others