



FDA APPROVED SLEEP AIDS

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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

Z-Drugs – They slow down brain activity (Give you the zzzzzzz)

- **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

- **Eszopiclone** (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/chronic 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