

PROVIDER'S GUIDE TO SLEEP MEDICATIONS

	HALF LIFE	BEST USE		SIDE EFFECTS					CONSIDERATIONS					AVOID		
		Dedicate 7-8hrs of Sleep	Promotes Alertness	CNS Depressant	Anterograde Amnesia	Headaches	Higher Risk for Parasomnias	Abuse Potential	Black Box Warnings	Pregnancy Category	Present in Breast Milk	Hormonal Birth Control Less Effective	Alcohol	Muscle Relaxers	Talking With Food	OTC
ARMODAFINIL Nuvigil, 150 mg	~15 h	○	●	○	○	●	○	●	○	C	?	●	○	○	○	●
MODAFINIL Provigil, 200 mg	15 h	○	●	○	○	●	○	●	○	C	?	●	○	○	○	●
CAFFEINE *	~5 h	○	●	○	○	○	○	○	○	A	●	○	○	●	○	○
MIRTAZAPINE Remeron, 15-45 mg	20 - 40 h	○	○	●	○	●	○	○	●	C	●	○	●	●	○	●
LORAZEPAM Ativan, 0.5-2 mg	~12 h	●	○	●	●	○	○	●	●	D	●	○	●	●	○	●
SUVOREXANT Belsomra, 10-20 mg	~12 h	●	○	●	○	●	●	●	○	C	?	○	●	●	●	●
ALPRAZOLAM Xanax, 0.5 mg	~11.2 h	●	○	●	●	○	○	●	●	D	●	○	●	●	○	●
TRAZODONE Desyrel, 50-100 mg	5 - 9 h	○	○	●	○	●	○	○	●	C	●	○	●	●	●	●
ESZOPICLONE Lunesta, 1-3 mg	~6 h	●	○	●	○	●	●	●	○	C	?	○	●	●	●	●
RAMELTEON Rozerem, 8 mg	1 - 2.6 h	○	○	○	○	○	○	○	○	C	?	○	●	●	●	●
ZOLPIDEM + Ambien, 5-10 mg	~2.5 h	●	○	●	○	●	●	●	○	C	●	○	●	●	●	●
ZALEPLON Sonata, 5-20 mg	~1 h	●	○	●	○	●	●	●	○	C	●	○	●	●	●	●
MELATONIN * 0.3-3 mg	30 - 50 m	○	○	○	○	○	○	○	○	?	?	○	●	●	●	●

TABLE LEGEND

Promotes Sleep
Promotes Alertness

A No risk in controlled Human studies
D Evidence of risk

+ Consider 5 mg initial dose for females
C Risk not ruled out

***** Effective in shifting the circadian clock
? Unknown

DISCLAIMER: PHYSICIAN RESOURCE. USE DISCRETION WHEN PRESCRIBING.

THE OPINIONS OR ASSERTIONS CONTAINED HEREIN ARE THE PRIVATE VIEWS OF THE AUTHOR AND ARE NOT TO BE CONSTRUED AS OFFICIAL.