

ANTI-ANXIETY AND SLEEP MEDICATIONS

Group Main Use	Medication Brand/Generic	Form	Dose Schedule	Dose Range	Most Common Side Effects for Group	Pros for Group	Cautions for Group
Benzodiazepines (anxiety, panic, sleep)	Xanax (Alprazolam)	Tablets 0.25, 0.5, 1.0, 2.0mg	as needed up to 4 times a day	0.25 to 8mg a day	Sedation, sometimes atypical agitation. May slow reaction time at first or in higher doses.	Very effective in short term use for sleep, anxiety and panic.	All Benzodiazepines have high risk of addiction. Rarely used in children or adolescents except emergency.
	Ativan (Lorazepam)	Tablets 0.5mg 1.0mg 2.0mg	as needed up to 3 times a day				
	Klonopin (Clonazepam)	Tablets 0.5mg 1.0mg 2.0mg	as needed or regular up to 2-3 times a day	0.25 to 6mg a day	Clonazepam most sedating and may build up due to long half-life and cause unsteady gait, sedation.		Can worsen depression. Clonazepam least addictive.
	Restoril (Temazepam)	Tablets 7.5mg 15mg 30mg	bedtime only (used for sleep only)	7.5 to 30mg	Sedation Occasional anterograde amnesia (Halcion)		Usually used for less than a few or several weeks at a time for sleep. Advised not to use every night.
	Halcion (Triazolam)	Tablets 0.125mg 0.25mg		0.125 to 0.5mg			

	Dalmane (Flurazepam)	Tablets 15mg 30mg		15- 30mg			
Non- Benzodiazepines (sleep)	Ambien (Zolpidem) Ambien CR	Tablets 5 mg, 10mg 6.25, 12.5mg	bedtime	5-15mg	Sedation, sleep behaviors such as eating.	Quick onset, short duration. CR medium.	Advised not to use every night and for only limited time periods or effect wears off.
	Sonata (Zalepion)	Capsule 5mg 10mg	bedtime	5-20mg	Sedation	Same as Ambien.	Same as Ambien.
	Lunesta (Eszopiclone)	Tablets 1, 2, 3mg	bedtime	1-3mg	Sedation	Same; medium duration	New, less habit forming.
	Rozerem (Rameleton) Melatonin	Tablet 8mg 1, 3 and 5 mg	Bedtime Either at 5 PM recommended by sleep medicine doctors or 1 hour before bedtime	4-16mg 0.5 at 5 PM or 3 mg to 20 mg	Sedation Rare “groggy” feeling in AM	Same; medium duration. Works via melatonin system. Natural hormone that brain releases in the evening to prepare for sleep so very safe and no addiction potential	New. Avoid Fluvoxamine, rifampin, fluconazole, icetoconazole. Less habit forming. Too mild for some with severe insomnia

Non-Benzodiazepines (anxiety)	BuSpar/buspirone tablets	Tablet 5, 10, 15, and 30mg	2-3 times per day	5-60mg per day	Rare sedation, dizziness, insomnia, headache, nervousness, agitation	No addictive	May be too mild for severe anxiety
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