

MEDICATIONS FOR ANXIETY AND SLEEP

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, 1.0mg XR 0.5, 1, 2, 3mg Niravam (dissolve oral) 0.25, 0.5, 1, 2mg	as needed up to 4 times a day or regular	0.25 to 8mg a day usually less than 2- 4mg a day	Sedation, sometimes atypical agitation. May slow reaction time at first or in higher doses.	Very effective in short and long term use for anxiety and panic. Helps quickly. Excellent temporary use while SRI or other med is building to effectiveness.	All Benzodiazepines have small risk of addiction and interactions that are real but should not be overstated. Thus infrequent use in children or adolescents except emergency.
	Ativan (Lorazepam)	Tablets 0.5, 1.0, 2.0mg	as needed or regular up to 3 times a day				
	Klonopin (Clonazepam)	Tablets 0.5, 1.0, 2.0mg wafers (oral dissolve) 0.125, 0.25, 0.5, 1, 2mg	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.	No labs needed.	Clonazepam likely least habit forming.
	Restoril (Temazepam)	Tablets 7.5, 15, 30mg	bedtime only (used for sleep only)	7.5 to 30mg	Sedation Occasional anterograde amnesia (Halcion)	No serious side effects except possible addiction or interactions.	Usually used for less than a few or several weeks at a time for sleep. Advised not to use every night.
	Halcion (Triazolam)	Tablets 0.125, 0.25mg		0.125 to 0.5mg			
	Dalmane (Flurazepam)	Tablets 15, 30mg		15-30mg			
Non- Benzodiazepines (sleep)	Ambien (Zolpidem)	Tablet 5 mg, 10mg	bedtime	5-15mg	Sedation	Not a benzodiazepine. Few side effects. Quick onset, short duration. CR medium.	Advised not to use every night and for only limited time periods or effect wears off.
	Ambien CR	6.25, 12.5mg					
	Sonata (Zalepion)	Capsule 5, 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)	Tablet 8mg	bedtime	4-16mg	Sedation	Same. Medium duration. Works via melatonin system	New. Avoid Fluvoxamine, rifampin, fluconazole, icetoconazole. Less habit forming.

All these medications should be taken 7 days a week to be effective. Simultaneous use of alcohol or cigarettes and especially street drugs should be avoided. All antidepressants may increase mania risk in persons with Bipolar (manic-depressive) disorder. All medications should be avoided if possible in pregnancy. This chart is intended to be a summary guide, not a full and complete list.