

<b>Prescription Sleep Medications</b>									
Drug	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects	Sleep Architecture Effects	Dementia Risk
Ramelteon (Rozerem)	Melatonin receptor agonist	1-5 hrs	8 mg	Low	Dizziness, fatigue	Moderate	Minimal	May improve sleep onset and circadian rhythm	Low
Lemborexant (Dayvigo)	Orexin antagonist	~17 hrs	5-10 mg	Low	Headache, drowsiness	Moderate to High	Mild drowsiness	May improve sleep continuity and REM sleep	Unknown
Quviviq (daridorexant)	Orexin antagonist	8-10 hrs	25-50 mg	Low	Headache, drowsiness	Moderate to High	Mild drowsiness	May improve sleep continuity and REM sleep	Unknown
Suvorexant (Belsomra)	Orexin antagonist	10-12 hrs	10-20 mg	Low	Drowsiness, headache	Moderate to High	Mild drowsiness	May improve sleep continuity and REM sleep	Unknown
Zaleplon (Sonata)	Non-benzodiazepine	1-2 hrs	5-20 mg	Low to Moderate	Dizziness, headache	Moderate	Minimal	Minimal impact on sleep stages	Potential increased risk with long-term use
Eszopiclone (Lunesta)	Non-benzodiazepine	6 hrs	1-3 mg	Moderate	Drowsiness, unpleasant taste	High	Mild drowsiness	May reduce REM sleep	Potential increased risk with long-term use
Zolpidem (Ambien)	Non-benzodiazepine	2-3 hrs	5-10 mg	Moderate	Drowsiness, dizziness	High	Mild drowsiness	May reduce slow-wave sleep	Potential increased risk with long-term use
Temazepam (Restoril)	Benzodiazepine	8-20 hrs	15-30 mg	High	Drowsiness, dizziness	High	Moderate drowsiness	May reduce slow-wave and REM sleep	Increased risk with long-term use
Triazolam (Halcion)	Benzodiazepine	1.5-5.5 hrs	0.125-0.25 mg	High	Drowsiness, confusion	High	Mild drowsiness	May reduce slow-wave and REM sleep	Increased risk with long-term use
<b>Prescription Off-Label Drugs for Sleep</b>									
Drug	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects	Sleep Architecture Effects	Dementia Risk

Gabapentin	Anticonvulsant	5-7 hrs	100-600 mg	Low	Dizziness, fatigue	Moderate	Mild drowsiness	May increase slow-wave sleep	Low
Pregabalin (Lyrica)	Anticonvulsant	6.3 hrs	75-150 mg	Low to Moderate	Dizziness, weight gain	Moderate	Mild drowsiness	May increase slow-wave sleep	Low
Doxepin (Silenor)	Antidepressant	8-24 hrs	3-6 mg	Low	Drowsiness, dry mouth	Moderate	Mild drowsiness	May improve sleep maintenance	Low at low doses
Mirtazapine	Antidepressant	20-40 hrs	7.5-15 mg	Low	Increased appetite, dry mouth	Moderate	Moderate drowsiness	May increase slow-wave sleep	Potential risk at higher doses
Trazodone	Antidepressant	5-9 hrs	25-100 mg	Low	Drowsiness, dry mouth	Moderate	Mild drowsiness	May increase slow-wave sleep	Low
Olanzapine	Antipsychotic	21-54 hrs	2.5-5 mg	Low	Weight gain, dry mouth	Moderate	Moderate drowsiness	May increase total sleep time	Increased risk, especially in elderly
Quetiapine	Antipsychotic	6 hrs	25-100 mg	Low	Drowsiness, weight gain	Moderate	Mild to moderate drowsiness	May increase total sleep time	Increased risk, especially in elderly
<b>OTC Drugs and Supplements</b>									
Drug/Supplement	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects	Sleep Architecture Effects	Dementia Risk
Magnesium	Mineral	N/A	200-400 mg	Low	Diarrhea, nausea	Low	Minimal	May improve sleep quality	Low
L-theanine	Amino acid	1-2 hrs	200-400 mg	Low	Headache, dizziness	Low	Minimal	May increase relaxation	Low
Valerian Root	Herbal supplement	1-7 hrs	300-600 mg	Low	Headache, upset stomach	Low to Moderate	Minimal	May improve sleep quality	Low
Melatonin	Hormone	0.5-2 hrs	0.5-5 mg	Low	Headache, dizziness	Low to Moderate	Minimal	May improve circadian rhythm	Potentially protective
Diphenhydramine	Antihistamine	4-8 hrs	25-50 mg	Low	Drowsiness, dry mouth	Moderate	Mild drowsiness	May reduce sleep quality	Potential increased risk with long-term use

Doxylamine	Antihistamine	10-12 hrs	25 mg	Low	Drowsiness, dry mouth	Moderate	Mild to moderate drowsiness	May reduce sleep quality	Potential increased risk with long-term use
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