

Benzodiazepines (for sleep)							
Drug	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects
Temazepam (Restoril)	Benzodiazepine	8-20 hrs	15-30 mg	High	Drowsiness, dizziness	High	Drowsiness
Triazolam (Halcion)	Benzodiazepine	1.5-5.5 hrs	0.125-0.25mg	High	Drowsiness, confusion	High	Drowsiness
Prescription Sleep Drugs							
Drug	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects
Eszopiclone (Lunesta)	Non- benzodiazepine	6 hrs	1-3 mg	Moderate	Drowsiness, unpleasant taste	High	Drowsiness
Lemborexant (Dayvigo)	Orexin antagonist	~17 hrs	5-10 mg	Moderate to Low	Headache, drowsiness	Moderate	Drowsiness
Quviviq (daridorexant)	Orexin antagonist	~8 hrs	25-50 mg	Moderate to Low	Headache, drowsiness	Moderate	Drowsiness
Ramelteon (Rozerem)	Melatonin receptor agonist	1-2.6 hrs	8 mg	Low	Dizziness, fatigue	Moderate	Minimal
Suvorexant (Belsomra)	Orexin antagonist	12 hrs	5-20 mg	Moderate to Low	Drowsiness, headache	Moderate	Drowsiness
Zaleplon (Sonata)	Non- benzodiazepine	1-2 hrs	5-20 mg	Moderate	Dizziness, headache	Moderate	Minimal

Zolpidem (Ambien)	Non-benzodiazepine	2-3 hrs	5-10 mg	Moderate	Drowsiness, dizziness	High	Drowsiness
Off-Label Prescription Drugs for Sleep							
Drug	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects
Doxepin (Silenor)	Antidepressant	8-24 hrs	3-6 mg	Low	Drowsiness, dry mouth	Moderate	Drowsiness
Gabapentin	Anticonvulsant	5-7 hrs	100-600 mg	Low	Dizziness, fatigue	Moderate	Drowsiness
Mirtazapine	Antidepressant	20-40 hrs	7.5-15 mg	Low	Increased appetite, dry mouth	Moderate	Drowsiness
Olanzapine	Antipsychotic	21-54 hrs	2.5-5 mg	Low	Weight gain, dry mouth	Moderate	Drowsiness
Pregabalin (Lyrica)	Anticonvulsant	6.3 hrs	75-150 mg	Moderate	Dizziness, weight gain	Moderate	Drowsiness
Quetiapine	Antipsychotic	6 hrs	25-100 mg	Low	Drowsiness, weight gain	Moderate	Drowsiness
Trazodone	Antidepressant	5-9 hrs	25-100 mg	Low	Drowsiness, dry mouth	Moderate	Drowsiness
OTC Drugs for Sleep							
Drug	Class	Half-Life	Dose	Addictive Potential	Side Effects	Effectiveness	Next-Day Effects

Diphenhydramine	Antihistamine	4-8 hrs	25-50 mg	Low	Drowsiness, dry mouth	Moderate	Drowsiness
Doxylamine	Antihistamine	10-12 hrs	25 mg	Low	Drowsiness, dry mouth	Moderate	Drowsiness