

# 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
<b>ARMODAFINIL</b> Nuvigil, 150 mg	~15 h	○	●	○	○	●	○	●	○	C	?	●	○	○	○	●
<b>MODAFINIL</b> Provigil, 200 mg	15 h	○	●	○	○	●	○	●	○	C	?	●	○	○	○	●
<b>CAFFEINE *</b>	~5 h	○	●	○	○	○	○	○	○	A	●	○	○	●	○	○
<b>MIRTAZAPINE</b> Remeron, 15-45 mg	20 - 40 h	○	○	●	○	●	○	○	●	C	●	○	●	●	○	●
<b>LORAZEPAM</b> Ativan, 0.5-2 mg	~12 h	●	○	●	●	○	○	●	●	D	●	○	●	●	○	●
<b>SUVOREXANT</b> Belsomra, 10-20 mg	~12 h	●	○	●	○	●	●	●	○	C	?	○	●	●	●	●
<b>ALPRAZOLAM</b> Xanax, 0.5 mg	~11.2 h	●	○	●	●	○	○	●	●	D	●	○	●	●	○	●
<b>TRAZODONE</b> Desyrel, 50-100 mg	5 - 9 h	○	○	●	○	●	○	○	●	C	●	○	●	●	●	●
<b>ESZOPICLONE</b> Lunesta, 1-3 mg	~6 h	●	○	●	○	●	●	●	●	C	?	○	●	●	●	●
<b>RAMELTEON</b> Rozerem, 8 mg	1 - 2.6 h	○	○	○	○	○	○	○	○	C	?	○	●	●	●	●
<b>ZOLPIDEM +</b> Ambien, 5-10 mg	~2.5 h	●	○	●	○	●	●	●	●	C	●	○	●	●	●	●
<b>ZALEPLON</b> Sonata, 5-20 mg	~1 h	●	○	●	○	●	●	●	●	C	●	○	●	●	●	●
<b>MELATONIN *</b> 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

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