

TABLE 2.

US Food and Drug Administration (FDA)-Approved Medications for Insomnia^a

Category	Medication, Generic (Trade)	FDA Indication	Recommended Initial Geriatric Dose (mg)	T _{max} (h)	Half-Life (h)	Most Common Adverse Effects ^b
Benzodiazepine receptor agonists	Temazepam (Restoril; Mallinckrodt, Bethlehem, PA)	Short-term treatment of insomnia (7-10 days)	7.5	1.5	3.5-18.4	Drowsiness, fatigue, lethargy, dizziness, hangover, anxiety
	Triazolam (Halcion; Pfizer, New York, NY)	Short-term treatment of insomnia (7-10 days)	0.125	2	1.5-5.5	Drowsiness, headache, dizziness, nervousness, lightheadedness, ataxia, nausea/vomiting
	Eszopiclone (Lunesta; Sunovion, Marlborough, MA)	Insomnia (no time limitation)	1	1	9	Headache, unpleasant taste, dyspepsia, pain, diarrhea, pruritus, dry mouth, abnormal dreams, neuralgia, urinary tract infection
	Zaleplon (Sonata; Pfizer, New York, NY)	Short-term treatment of insomnia (up to 30 days)	5	1	1	Abdominal pain, somnolence, eye pain, paresthesia, tremor, amnesia
	Zolpidem (Ambien; Sanofi-Aventis, Paris, France), also available as sublingual (Edluar; Meda, Solna, Sweden) and oral spray (Zolpimist; ECR, Bridgewater, NJ)	Short-term treatment of sleep onset insomnia (up to 35 days)	5	1.6	1.4-4.5	Drowsiness, dizziness, diarrhea
	Zolpidem ER (Ambien CR; Sanofi-Aventis, Paris, France)	Sleep onset and/or maintenance insomnia	6.25	2	1.6-5.5	Headache, somnolence, dizziness, nasopharyngitis
	Zolpidem, sublingual (Intermezzo; Sanofi-Aventis, Paris, France)	Sleep maintenance insomnia with at least 4 hours of sleep time remaining	1.75	0.5-1.25	1.4-3.6	Drowsiness, dizziness, diarrhea
Melatonin receptor agonists	Ramelteon (Rozerem; Takeda, Deerfield, IL)	Sleep onset insomnia	8	0.75	1-2.6	Dizziness, somnolence, nausea, fatigue, exacerbation of insomnia
Antidepressants	Doxepin (Silenor; Pernix, Morristown, NJ)	Sleep maintenance insomnia	3	3.5	15.3	Somnolence, upper respiratory tract infection, gastroenteritis, nausea, hypertension
Orexin antagonists	Suvorexant (Belsomra; Merck and Co., Kenilworth, NJ)	Sleep onset and maintenance insomnia	10	2	10-22	Headache, somnolence, dizziness, diarrhea, dry mouth, upper respiratory tract infection, abnormal dreams, cough

Abbreviation: T_{max}, time to maximum concentration.

^aAdditional FDA-approved medications for insomnia include flurazepam (Dalmane; Roche, Branchburg, NJ) and quazepam (Doral; Meda, Solna, Sweden), which were excluded here due to significantly long half-life.

^bExcluding adverse effects for which reported incidence for the placebo was equal to or greater than that for the medication.

Adapted from FDA prescribing information (package inserts).³¹