

Benzodiazepine Awareness in Insomnia Treatment

- Benzodiazepines such as Xanax (alprazolam), Klonopin (clonazepam), Valium (diazepam), and Ativan (lorazepam) are commonly used for insomnia.
- Many medical organizations now recommend against using benzos for insomnia due to their adverse effects (especially in the elderly) and high abuse potential.
 - ◆ The American Geriatrics Society; The American Academy of Sleep Medicine; The American Academy of Family Physicians
- Some of the adverse effects of benzodiazepines include memory impairment, irritation/agitation, central nervous system depression, addiction, and withdrawal symptoms (increased heart rate and blood pressure, tremors, sweating, insomnia).
- The recommended first-line treatments for insomnia include stimulus control, relaxation training, and cognitive behavioral therapy.
- Nonbenzodiazepine medications with less addictive potential such as melatonin, ramelteon, zolpidem (Ambien), eszopiclone, zaleplon, and doxepin are also available as SHORT-TERM treatments for insomnia.
- Talk to you doctor about alternative treatments for insomnia.

References:

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