| \*\*Characteristic\*\* | \*\*Uso Ocasional (1-5 dias)\*\*, N = 252 | \*\*Uso Contínuo (6-7 dias)\*\*, N = 442 | \*\*p-value\*\* |
| --- | --- | --- | --- |
| **Benzodiazepínico** | | | |
| Alprazolam | 24 (9.5%) | 59 (13%) | 0.14 |
| Bromazepam | 6 (2.4%) | 8 (1.8%) | 0.6 |
| Clonazepam | 50 (20%) | 102 (23%) | 0.3 |
| Diazepam | 5 (2.0%) | 9 (2.0%) | >0.9 |
| **Drogas Z** | | | |
| Zolpidem | 82 (33%) | 202 (46%) | <0.001 |
| Eszopiclona | 6 (2.4%) | 21 (4.8%) | 0.12 |
| **Antidepressivos Sedativos** | | | |
| Amitriptilina | 8 (3.2%) | 29 (6.6%) | 0.056 |
| Doxepina | 2 (0.8%) | 3 (0.7%) | >0.9 |
| Trazodona | 24 (9.5%) | 80 (18%) | 0.002 |
| Mirtazapina | 2 (0.8%) | 23 (5.2%) | 0.003 |
| **Anticonvulsivantes** | | | |
| Gabapentina | 0 (0%) | 6 (1.4%) | 0.092 |
| Pregabalina | 5 (2.0%) | 47 (11%) | <0.001 |
| **Antipsicóticos** | | | |
| Olanzapina | 0 (0%) | 3 (0.7%) | 0.6 |
| Quetiapina | 22 (8.7%) | 75 (17%) | 0.003 |
| **Agonista do receptor de melatonina** | | | |
| Ramelteon | 0 (0%) | 5 (1.1%) | 0.2 |
| Agomelatina | 3 (1.2%) | 3 (0.7%) | 0.7 |
| **Over the Counter** | | | |
| Anti-histamínicos | 24 (9.5%) | 24 (5.4%) | 0.041 |
| Relaxante Muscular | 94 (37%) | 61 (14%) | <0.001 |
| Dramin | 44 (17%) | 27 (6.1%) | <0.001 |