

PSYCHIATRIC

INSOMNIA AND ANXIETY

→ 1st line: Short / intermediate acting benzodiazepine receptor agonist

Drug	Induction of sleep	Maintenance of sleep	Contraindications	DDI	Dose
Temazepam	Yes	Yes	<ul style="list-style-type: none"> → Oversedation → confusion → ataxia with higher dosage in elderly 	<ul style="list-style-type: none"> → CNS depressants → Hypnotics → diphenhydramine 	<ul style="list-style-type: none"> → 7.5-15 mg once daily at bed time → Maximum dose 30mg
Triazolam	Yes	No	<ul style="list-style-type: none"> → Compromised respiratory function → renal or hepatic impairment → pulmonary insufficiency 	<ul style="list-style-type: none"> → -Ketoconazole → -itraconazole, → -nefazodone → -HIV protease inhibitors → -medications that impair the oxidative metabolism mediated by CYP3A 	<ul style="list-style-type: none"> → 0.125 mg once daily at bed time → maximum dose: 0.25 mg/day
Zolpidem	No	Yes	<ul style="list-style-type: none"> → Compromised respiratory function → risk of impaired motor/cognitive performance in elderly 	<ul style="list-style-type: none"> → imipramine → chlorpromazine → rifampin → ketoconazole 	<ul style="list-style-type: none"> → ER tablet: Initial: 6.25 mg (females) or 6.25 to 12.5 mg (males) immediately before bedtime



→ 1st line: Melatonin Receptor Agonist:

Drug	Induction of sleep	Maintenance of sleep	Contraindications	DDI	Dose
Ramelteon	Yes	No	<ul style="list-style-type: none"> → Hepatic impairment → may affect reproductive hormones 	<ul style="list-style-type: none"> → CYP inducers → CYP1A2 inhibitors → CYP3A4 inhibitors → CYP2C9 inhibitors → donepezil → doxepin → zolpidem → CNS depressants → alcohol 	<ul style="list-style-type: none"> → 8 mg once daily administered, as needed, within 30 minutes of bedtime

→ 2nd line: intermediate/long acting benzodiazepine receptor agonist:

Drug	Induction of sleep	Maintenance of sleep	Contraindications	DDI	Dose
Estazolam	Yes	No	<ul style="list-style-type: none"> → Renal or hepatic impairment → compromised respiratory function → depression 	<ul style="list-style-type: none"> → CNS-acting drugs → Anticonvulsants → antihistamines → alcohol → barbiturates → MAOIs → narcotics → phenothiazines → psychotropic medications → CNS depressants → smoking → CYP3A inhibitors → CYP3A inducers 	<ul style="list-style-type: none"> → Initial: 1 mg once daily at bedtime, as needed → may increase daily dose to 2 mg at bedtime

→ Consider Cognitive behavioural therapy

[1]-Jim, H. S., Evans, B., Jeong, J. M., Gonzalez, B. D., Johnston, L., Nelson, A. M., Kesler, S., Phillips, K. M., Barata, A., Pidala, J., & Palesh, O. (2014). Sleep disruption in hematopoietic cell transplantation recipients: prevalence, severity, and clinical management. *Biology of blood and marrow transplantation : journal of the American Society for Blood and Marrow Transplantation*, 20(10), 1465–1484. <https://doi.org/10.1016/j.bbmt.2014.04.01>

