

SLEEPING PROBLEMS - INSOMNIA

(ISS MED/3A - ALL/FIN)

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

WARNING

Overdosage with sleeping aids can cause fatigue, sedation, or coma. Refer to {[SLEEP MEDICATION OVERDOSE - EMERGENCY](#)} (SODF: ISS MED: EMERGENCY).

TREATMENT

DRUG HELP

1. In general, medication selection is best made on ground experience.
2. Ambien has a relatively short time of onset and short time of effectiveness (a few hours), it should be taken immediately before bedtime.
3. Restoril, Radedorm, and Phenazepam are similar drugs of the same class. Restoril should be taken 15-20 minutes before bedtime. Radedorm should be taken 30 minutes before bedtime. Phenazepam is a sedative and muscle relaxant with sleep effect; it should be taken 30 minutes before bedtime.
4. Ambien, Restoril, Radedorm, and Phenazepam may occasionally cause daytime (next day) drowsiness and memory impairment during the period of effect (i.e., if awakened from sleep). Ambien tends to have slightly fewer side effects than Restoril.
5. Benadryl is an antihistamine which will induce drowsiness. It is generally less effective than the above medications, and is a good choice if stronger medications are not needed.
6. If sleeping medications are required more than a few nights in a row, discuss with Surgeon.

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NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

AMP
(blue)

Ambien (Zolpidem Tartrate) (P1-A9)

Dose: 1 tablet at bedtime

Possible side effects

Daytime drowsiness, dizziness, headache, nausea and vomiting, diarrhea, muscle aches

AMP
(blue)

Restoril (Temazepam) (P1-A10,11) - Benzodiazepine; used to treat insomnia

Dose: 1 or 2 capsules 15-20 minutes before bedtime

Possible side effects

Residual drowsiness, dizziness, lethargy

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Radedorm (Berlidorm/Nitrazepam) - Used to treat insomnia

Dose: 1/2-1 tablet 30 minutes before bedtime

Possible side effects

Morning fatigue, disrupted concentration, slowed reactions, muscle weakness

AMP
(blue)

Benadryl (Diphenhydramine) (P1-B23) - Oral antihistamine; used for allergic reactions or for drug-induced muscle spasms, or for insomnia

Dose: 1 or 2 capsules 30 minutes before sleep period

Possible side effects

Drowsiness, inability to concentrate, dry mouth, blurred vision, rash, sensitivity to light, headache, rapid heart rate, dizziness, fatigue

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— Phenazepam - Used to treat insomnia

Dose: 1 tablet 30 minutes before bedtime

Possible side effects

Drowsiness, muscle weakness, dizziness, stomach discomfort