

# A brief guide on Hypnotics

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There are two categories of Hypnotics: Benzodiazepines, and Non-Benzodiazepine.

## **Benzodiazepines Include**

Diazepam, Alprazolam, Clonazepam

## **Non-Benzodiazepines Include**

Zolpidem, Hydroxyzine, or other antihistamine

## **Side Effects Include**

- Drowsiness
- Hangover effects on the next day
- Impairment of concentration and reaction times
- Impairment of some memory functions
- Muscle weakness
- Muscle incoordination
- Blurred vision
- Dizziness
- Nausea, vomiting
- Diarrhea

## **Precaution**

During treatment, care should be taken because of the risk of drug dependency, drug tolerance, and withdrawal syndromes. Also, care should be taken when driving or operating machinery. Age group does play a part in sedation effect. The elderly are normally more sensitive to hypnotics, therefore, duration of action may be prolonged.

Do not use alcohol with hypnotics and do not mix western medication with traditional Chinese medication.

*The information provided serves as psycho-education and not a guide for self-medication. The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. Please consult your psychiatrist before taking any medication.*



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