

**BUSPIRONE** Start 7.5 mg PO two times per day, increase by 5 mg/d q 2 to 3 days to usual effective dose 20 to 30 mg/day. Max 60 mg/day. [Generic only: tabs 5, 7.5, 10, 15, 30 mg.] ▶K ♀B D— \$\$\$\$

**ESZOPICLONE (Lunesta)** Start 1 mg PO at bedtime. May increase to 2 to 3 mg if needed. Max 3 mg/day. Elderly: start 1 mg PO at bedtime prn, max 2 mg. [Generic/Trade: tabs 1, 2, 3 mg.] ▶L ♀C D? ⓄIV \$\$\$\$\$

**RAMELTEON (Rozerem)** 8 mg PO within 30 min of bedtime. [Generic/Trade: tabs 8 mg.] ▶L ♀C D? \$\$\$\$\$

**SUVOREXANT (Belsomra)** Start 10 mg PO once nightly 30 min before bedtime. May increase if needed to max 20 mg once nightly. [Trade: tabs 5, 10, 15, 20 mg.] ▶L ♀C D? ⓄIV \$\$\$\$\$

**TASIMELTEON (Hettioz)** 20 mg before bedtime. Take on empty stomach. [Trade only: caps 20 mg.] ▶L ♀C D? \$\$\$\$\$

**ZALEPLON (Sonata)** 5 to 10 mg PO at bedtime, max 20 mg. Elderly and debilitated patients start 5 mg, max 10 mg. [Generic/Trade: caps 5, 10 mg.] ▶L ♀C D— ⓄIV \$\$\$\$

**ZOLPIDEM (Ambien, Ambien CR, ZolpiMist, Intermezzo, Edluar, \*Sublinox)**

**Insomnia:** immediate-release tabs, women, 5 mg and men 5 to 10 mg PO at bedtime. The 5 mg dose may be increased to 10 mg if needed. For age older than 65 yo or debilitated: 5 mg PO at bedtime. Oral spray: women, 5 mg and men 5 to 10 mg PO at bedtime. May increase the 5 mg dose to 10 mg if needed. For age older than 65 yo or debilitated: 5 mg PO at bedtime. Controlled-release tabs: women, 6.25 mg and men 6.25 to 12.5 mg PO at bedtime. May increase the 6.25 mg dose to 12.5 mg if needed. For age older than 65 yo or debilitated: give 6.25 mg PO at bedtime. Sublingual tabs (Edluar): women, 5 mg and men 5 to 10 mg SL at bedtime. May increase the 5 mg dose to 10 mg if needed. **Sublingual tabs (Intermezzo) for middle of the night awakening:** women 1.75 mg SL and men 3.5 mg once nightly with at least 4 h of sleep remaining. Do not use for benzodiazepine or alcohol withdrawal. [Generic/Trade: tabs 5, 10 mg. Controlled-release tabs 6.25, 12.5 mg. SL tabs 1.75, 3.5 mg (Intermezzo). Trade only: oral spray 5 mg/actuation (ZolpiMist); SL tabs 5, 10 mg (Edluar).] ▶L ♀C D+ ⓄIV \$

**ZOPICLONE (\*Imovane)** Canada only. 5 to 7.5 mg PO at bedtime. Reduce dose in elderly. [Generic/Trade: tabs 5, 7.5 mg. Generic only: tabs 3.75 mg.] ▶L ♀D D— \$

### Combination Drugs

**SYMBYAX (olanzapine + fluoxetine)** **Depression associated with bipolar I disorder and treatment-resistant depression:** start 6 mg olanzapine/25 mg fluoxetine PO at bedtime. Max 18/75 mg/day. Start lower doses of 3 mg/25 mg or 6 mg/25 mg in those predisposed to hypotensive reactions, with hepatic impairment, or those with reduced metabolism of these drugs. [Generic/Trade: caps (olanzapine/fluoxetine) 3/25, 6/25, 6/50, 12/25, 12/50 mg.] ▶LK ♀C D— \$\$\$\$\$ ■

### Drug Dependence Therapy

**ACAMPROSATE Maintenance of abstinence from alcohol:** 666 mg (2 tabs) PO three times per day. Start after alcohol withdrawal and when patient is abstinent. Maintain if patient relapses. [Generic/Trade: Tabs, delayed-release 333 mg.] ▶K Ⓞ ♀C D? \$\$\$\$\$