

Medication Examples for BPSD – Sedative/ Hypnotics

Medication*	Initial Oral Dose (mg)	Dosing Frequency	Formulation	Titration Dose (mg) & Schedule	Average Total Daily Dose (mg)	Common Side Effects	Medication Administration
Zopiclone	2.5	qhs	<ul style="list-style-type: none"> tablet 	-	5	<ul style="list-style-type: none"> bitter taste over-sedation dizziness confusion unsteady gait risk of falls see Key Messages for further side effects 	<ul style="list-style-type: none"> tablets may be split caution use if hepatic impairment
Temazepam	15	qhs	<ul style="list-style-type: none"> capsule 	-	15	<ul style="list-style-type: none"> sedation confusion dizziness unsteady gait see Key Messages for further side effects 	<ul style="list-style-type: none"> can be used as a PRN do not split capsule caution use if renal and/or hepatic impairment slow onset of action
Trazodone	12.5 – 25	qhs	<ul style="list-style-type: none"> tablet 	-	50	<ul style="list-style-type: none"> over-sedation dizziness headache constipation dry mouth postural hypotension see Key Messages for further side effects 	<ul style="list-style-type: none"> can be used as a PRN tablets may be split
Other							

* We recognize that some of the medications listed here could potentially be used for off-label use. Refer to Health Canada's Drug Product Database for labelled indications at: <https://www.canada.ca/en/>.

Key Messages/Considerations

- Ensure comprehensive non-pharmacologic treatment plan has been tried including proper sleep hygiene techniques and possibly cognitive behavioural psychotherapy for insomnia.
- Rule out pain as a contributing factor for BPSD.
- Don't routinely use antipsychotics to treat primary insomnia in any age group.
- Short-term use is recommended.
- Monitor for adverse effects especially when combining medications. Review potential for drug-drug interactions with the addition of any new medication.
- All of these medications may have a risk of falls.
- Zopiclone is a GABA positive allosteric modulator (GABA-PAM).
- Temazepam is a Benzodiazepine Receptor Agonist (BZRA).
 - Tolerance may occur with temazepam. If used regularly then withdraw gradually (Benzodiazepine Receptor Agonist Deprescribing Guideline and Algorithm 2018 www.deprescribing.org).
 - Paradoxical disinhibition may occur with temazepam.
- Trazodone is known as a Serotonin Antagonist and Reuptake Inhibitor (SARI).
 - Monitor for signs of Serotonin Syndrome.
 - Paradoxical disinhibition may occur with trazodone.
 - A rare side effect of trazodone is priapism.
- Reassess the need for continued therapy.
- PRN doses may be used:
 - Temporarily while determining if there is a need for regular dosage administration.
 - In situations where break-through behavioural symptoms(s) require additional dosing.

References

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