

Medication	Indication	Onset/duration	Notes
Benzodiazepines - facilitation of GABA activity (which promotes sleep)			
Temazepam	Sleep onset and sleep maintenance	Slow/intermediate	Side effect of drowsiness, dizziness
Triazolam	Sleep onset	Rapid/short	Side effect of drowsiness, dizziness
Non-benzodiazepine receptor agonists - facilitation of GABA activity (which promotes sleep)			
Zaleplon	Sleep onset	Rapid/ultra-short	May cause complex sleep behaviors; side effect of drowsiness, dizziness
Zolpidem	Sleep onset and sleep maintenance (CR formulation)	Rapid/ultra-short to short	May cause complex sleep behaviors; side effect of drowsiness, dizziness
Eszopiclone	Sleep onset and sleep maintenance	Rapid/intermediate	May cause complex sleep behaviors; notable taste disturbance; side effect of drowsiness, dizziness
Orexin receptor antagonist - inhibition of orexin-alerting system (which promotes wakefulness)			
Lemborexant*	Sleep onset, maintenance, and early morning awakening	Slow/long	Side effect of headache; has fewer cognitive/motor side effects compared with benzos & non-benzos; expensive
Histamine (H1) receptor antagonist – inhibitor of H1 receptor (which promotes wakefulness)			
Doxepin (tricyclic antidepressant, at 3-6mg is a selective H1-receptor antagonist)	Sleep maintenance and early morning awakening (not helpful for sleep onset problems)	Slow/long	Does not prevent people from waking up, but helps people get back to sleep more quickly; does not cause cognitive or motor impairment (can be used in elderly); no abuse liability
Melatonin receptor agonist – facilitation of melatonin (which promotes sleep)			
Ramelteon	Sleep onset	Rapid/short	Usually well tolerated; side effects of nausea, dizziness

*All the orexin receptor antagonists are currently expensive branded medications. At the FDA approved doses, Lemborexant is more effective than suvorexant.