

# *Sedatives and Hypnotics*

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## **Sedative –**

A drug that reduces excitement and calms the person.

## **Hypnotic –**

A drug that produces sleep resembling normal sleep.


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# Benzodiazepines

- Diazepam
  - Oxazepam
  - Lorazepam
  - Flurazepam
  - Nitrazepam
  - Clonazepam
  - Midazolam
  - Triazolam
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# Therapeutic uses

- ✓ **As sedative and hypnotic** – preferred drug for short term-insomnia
- ✓ **Anticonvulsants**
- ✓ **Diagnostic & minor operative procedures**
  - sedative, amnesic, analgesic & muscle relaxant properties

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- ✓ **As anxiolytic**
  - ✓ **Pre-anesthetic medication**
  - ✓ **Skeletal muscle relaxant (centrally acting)**
  - ✓ **To treat alcohol-withdrawal symptoms**
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# Adverse effects

- **Drowsiness, confusion, blurred vision, amnesia & disorientation**
  - **Tolerance & drug dependence**
  - **Withdrawal symptoms** - insomnia, tremors, restlessness, nervousness & loss of appetite
  - **During labor** - respiratory depression & hypotonia in newborn
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