

DAILY DOSE THRESHOLDS: SEDATIVES-HYPNOTICS

Generic	Brand	Usual Max Daily Dose
chloral hydrate*	—	2000mg
diphenhydramine*	Benadryl	50mg
estazolam	—	2mg
eszopiclone	Lunesta	3mg
flurazepam*	—	30mg
hydroxyzine*	Vistaril	100mg
lorazepam	Ativan	4mg
oxazepam	—	30mg
quazepam*	Doral	15mg
ramelteon	Rozerem	8mg
temazepam	Restoril	30mg
triazolam*	Halcion	0.5mg
zaleplon	Sonata	20mg
zolpidem	Ambien	10mg
	Ambien CR	12.5mg
	Intermezzo	1.75mg (female) 3.5mg (male)

*Not recommended for management of insomnia, especially in elderly.

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