

This patient's guide summarizes the AASM's recommendations for using medications to treat chronic insomnia in adults. This guide will help you know what to expect when talking with your medical provider. If you want more information you can read the [full clinical practice guideline](#).

Chronic insomnia can be treated with medication and/or non-medication approaches. Your medical provider will discuss the known benefits and risks of different treatments approaches.

WHAT MEDICATIONS CAN TREAT CHRONIC INSOMNIA?

If you and your medical provider decide to use a medication treatment option, the following medications may be used to treat chronic insomnia:

	SLEEP ONSET INSOMNIA <i>(problems falling asleep)</i>	SLEEP MAINTENANCE INSOMNIA <i>(waking up during the night)</i>
Doxepin		✓
Eszopiclone	✓	✓
Ramelteon	✓	
Suvorexant		✓
Triazolam	✓	
Temazepam	✓	✓
Zaleplon	✓	
Zolpidem	✓	✓

Your medical provider can help you determine which medication is right for you. Your medical provider should also talk with you about the risks of dependency and other side effects associated with these medications.

WHAT MEDICATIONS ARE NOT RECOMMENDED FOR TREATING CHRONIC INSOMNIA?

The following medications should not normally be used for treating chronic insomnia: tiagabine, trazodone.

The following over-the-counter medications and supplements should not normally be used for treating chronic insomnia: diphenhydramine, tryptophan, melatonin, valerian.

NEXT STEPS

You should always talk with your medical provider if you think you have insomnia. For more information about insomnia or to find an accredited sleep center near you, please visit sleepeducation.com