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## TEMAZEPAM (Restoril) Fact Sheet [G]

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**Bottom Line:**

Temazepam has the advantages of a short half-life and no active metabolites, and is therefore less likely to cause next-day sedation. It's a decent first-line agent for insomnia if a benzodiazepine is appropriate for use.

**FDA Indications:**

**Insomnia** (short term).

**Off-Label Uses:**

Anxiety disorders; acute mania or psychosis; catatonia.

**Dosage Forms:**

**Capsules (G):** 7.5 mg, 15 mg, 22.5 mg, 30 mg.

**Dosage Guidance:**

Start 15 mg QHS. Max 30 mg nightly. Use lower doses in elderly.

**Monitoring:** No routine monitoring recommended unless clinical picture warrants.

**Cost:** 15 mg, 30 mg: \$; 7.5 mg, 22.5 mg: \$\$

**Side Effects:**

- Most common: Somnolence, dizziness, weakness, ataxia.
- Serious but rare: Anterograde amnesia, increased fall risk, paradoxical reaction (irritability, agitation), respiratory depression (avoid in patients with sleep apnea or on opioids).
- Pregnancy/breastfeeding: Potential risks with exposure in early and late pregnancy; use caution in breastfeeding.

**Mechanism, Pharmacokinetics, and Drug Interactions:**

- Binds to benzodiazepine receptors to enhance GABA effects.
- Metabolized primarily through liver but no CYP450 involvement;  $t_{1/2}$ : 9–18 hours.
- Avoid concomitant use with other CNS depressants, including alcohol and opioids (additive effects). No risk for CYP450 drug interactions.

**Clinical Pearls:**

- Schedule IV controlled substance.
- Temazepam has long been a favored hypnotic for the elderly, when a benzo is needed, because of its lack of active metabolites, short half-life, and absence of drug interactions.
- If abruptly discontinued, withdrawal symptoms are usually seen on the first day and last for five to seven days in patients taking this type of short-intermediate half-life benzodiazepine.
- Tolerance to sedative effect may develop within two to four weeks of use, and benzodiazepines affect sleep architecture; thus, long-term use is discouraged.

**Fun Fact:**

The US Air Force uses temazepam as one of the approved “no-go pills” to help aviators and special duty personnel sleep in support of mission readiness; “ground tests” are required prior to authorization being issued to use the medication in an operational situation.