

<b>Non-Controlled Drugs Used for Insomnia</b>		
<b>Drug</b>	<b>Dose for Insomnia</b>	<b>Significant Side Effects</b>
<b>Preferred agents</b>		
<b>Trazodone</b>	25–200 mg QHS	Dizziness, hypotension, priapism
<b>Mirtazapine</b>	7.5–30 mg QHS	Weight gain, constipation
<b>Doxepin</b>	3–20 mg QHS	Anticholinergic effects, sexual dysfunction, fatal overdose
<b>Ramelteon</b>	8 mg QHS	Dizziness, headache, change in taste
<b>Melatonin</b>	1–5 mg 1–2 hours before bedtime	Dizziness, headache
<b>Non-preferred agents (use only in selected patients)</b>		
<b>Clonidine</b>	0.1–0.4 mg QHS	Lightheadedness, rebound hypertension
<b>Doxylamine</b>	25 mg QHS	Anticholinergic effects
<b>Diphenhydramine and hydroxyzine</b>	25–100 mg QHS	Anticholinergic effects
<b>Amitriptyline</b>	25–75 mg QHS	Anticholinergic effects, hypotension, sexual dysfunction, fatal overdose
<b>Gabapentin</b>	100–1200 mg QHS	Dizziness, diplopia, ataxia
<b>Quetiapine</b>	25–100 mg QHS	Weight gain, lipid abnormalities, tardive dyskinesia
<i>Note:</i> Daytime sedation is a common potential side effect of all hypnotics.		

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