

Hypnotics Compared						
	Placebo	Minutes greater than placebo				
		Ramelteon	Melatonin	Z-hypnotics	Benzos*	Suvorexant
Falling asleep faster (subjective)	20	4	11	7	14	9
Falling asleep faster (objective)	8	9	6	22	4	11
Increase in total sleep (objective)	18	7	8	14	62	?
*Flurazepam, temazepam, triazolam, and midazolam						

Sources: Kuriyama A et al, Sleep Med 2014;15(4):385-392; Ferracioli-Oda E et al, PLoS One 2013;8(5):e63773

From the Article:
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 by **Randall Moore, MD**

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