

Non-REM parasomnias- Treatments, half-lives and side-effects

Drug	Starting dose - at night	MAX recommended dosing - at night	Time to therapeutic effect	Half-life	Side-effects
Melatonin M/R	0.5 mg (3 hours before bedtime)	6mg (3 hours before bedtime)	0.75 hours	3.5-4 hours	Headache, tired/sleepy, indigestion, nausea, GI upset, reduced body temperature, night sweats, dry or itchy skin.
Clonazepam	0.25mg at night	4mg at night	1-4 hours	20-60 hours	Sleepy, weak, light-headedness, unsteadiness, poor co-ordination, unusual eye movements, poor concentration, forgetful, confusion.
Diazepam	2mg at night	10mg at night	30-90 minutes	2-5 days	Sleepy, weak, light-headedness, unsteadiness, poor co-ordination, unusual eye movements, poor concentration, forgetful, confusion, aggressive, mood changes, change in behaviour.
Zopiclone	3.75 mg at night	15mg at night	At first dose	6 hours	Taste disturbance, nausea, vomiting, dizziness, dry mouth, headache, hallucination, dependence.
Clomipramine	10mg at night	75mg at night	2.5-5 hours	12-36 hours	Nausea, diarrhoea, constipation, dry mouth, headache, tremor, palpitations, restless, dizziness, blurred vision, weak, sweating, hot flushes, increased appetite, sleep disturbances, confusion,

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					anxiety, urticaria, tinnitus, changes in weight, sexual function or taste, yawning.
Imipramine	50mg at night	300mg at night	At first dose	19 hours	See above: as for clomipramine
Fluoxetine	20mg in the morning	60mg in the morning	Several weeks (4-5 approx)	4-6 days	Nausea, vomiting, indigestion, diarrhoea, headache, sleep disturbances, fatigue, restless, dry mouth, changes in taste, dizziness, blurred vision, flushing, sweating, yawning, reduced appetite, weight loss, reduced libido, palpitations, pruritus, urinary retention.
Sertraline	25mg in the morning	150mg in the morning	4.5-8 hours	22-36 hours	See above: as for fluoxetine