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Drugs	Most common dosage
A. Benzodiazepines	
Flurazepam*	15–30 mg
Triazolam*	0.125–0.25 mg
Flunitrazepam*	1 mg
Brotizolam*	0.25 mg
Clonazepam	0.5 mg
B. Non-benzodiazepine	
Non-benzodiazepine GABA modulator (z-class)	
Zolpidem immediate-release*	5–10 mg
Zolpidem controlled-release*	6.25–12.5 mg
Eszopiclone*	1–3 mg
Antidepressants	
Trazodone	25–50 mg
Mirtazapine	7.5–30 mg
Amitriptyline	10–30 mg
Doxepin*	3–6 mg
Antihistamines	
Doxylamine*	25 mg
Diphenhydramine*	25–50 mg
Melatonin	
Prolonged-release melatonin*	2 mg

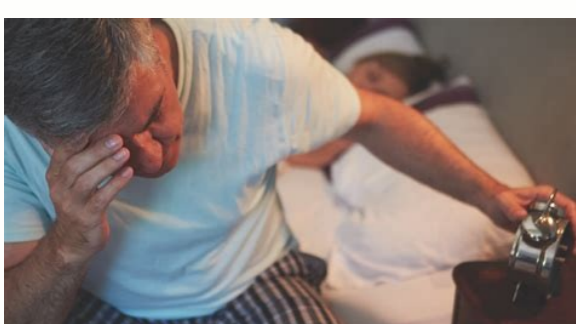
*approved by Korean Food and Drug Administration (KFDA).

GABA: γ -aminobutyric acid

“ Sleep disorders are highly prevalent in military service members and veterans, and more prevalent in these populations than civilians. ”

Christi Ulmer, PhD

Healio



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