

# Hypnotics

<b>Drugs</b>	<b>Dose</b>	<b>Half-Life</b>	<b>Duration</b>
flurazepam (Dalmane)	15-30 mg	50-100 hours	long
temazepam (Restoril)	15-30 mg	10-20 hours	medium
triazolam (Halcion)	.25-1.0 mg	2-5 hours	short
zolpidem (Ambien)	5-10 mg	2-3 hours	short