

**American Academy of Sleep Medicine recommended pharmacologic agents for the treat of insomnia in adults**

<b>Drug name (generic/brand)</b>	<b>Drug class (primary mechanism of action)</b>	<b>Evidence for improving sleep onset parameters</b>	<b>Evidence for improving sleep maintenance parameters</b>	<b>Risks of harm &amp; common side effects</b>	<b>Pregnancy category/ Evidence of use in lactation</b>	<b>Clinical trial findings among patients receiving MOUD to treat insomnia</b>
Zolpidem 10mg	BZD receptor agonist (non-BZD sedative hypnotic)	Significant	Significant	benefit > harm (amnesia, confusion, somnambulance)	Cat. B/ preferred; low levels; rapid elimination from milk; breastfeed before dose	poor sleep outcomes (worse than placebo & other medication protocols)
Suvorexant 10, 15, 20mg	Dual Orexin Receptor Antagonist	Minimal	Significant	benefit > harm (diarrhea, dizziness, headache, abnormal dreams)	Cat. C/ unknown; consider alternate or monitor infant if mother needs med	↑ total sleep time
Doxepin 3, 6mg	Tricyclic Antidepressant	Minimal	Significant	benefit > harm (blurry vision, HTN, constipation, urinary retention)	Cat C/ avoid in breastfeeding	may be useful; ↓ sleep disturbance observed
Ramelteon 8mg	Melatonin Receptor Agonist	Significant	Minimal	benefit > harm dizziness, dysgeusia, fatigue, insomnia	Cat C/ low levels in milk; consider alternate or monitor older infant	NA
Eszopiclone 2, 3mg	BZD receptor agonist/ (non-BZD sedative hypnotic)	Significant	Significant	benefit > harm (headache, dysgeusia, drowsiness)	Cat C/ unknown; consider alternate or monitor older infant	NA
Zaleplon 10mg	BZD receptor agonist/ (non-BZD sedative hypnotic)	Significant	Minimal	benefit > harm (headache, n/v, abd pain, weakness)	Cat C/ unknown; not recommended during lactation	NA
Temazepam 15mg	Benzodiazepine	Significant	Significant	benefit > harm ( anxiety, confusion, lethargy)	Cat X/ low levels in milk; breastfeed before mother's dose	NA
Triazolam 0.25mg	Benzodiazepine	Significant	Significant	benefit = harm ( headache, dizziness, n/v)	Cat X/ unknown; consider alternate or monitor older infant	NA

\*MOUD: methadone, buprenorphine, naltrexone

\*\*unknown- little known about use during breastfeeding

\*\*\* drowsiness is a potential side effect of all listed agents

\*\*\*\*Sources of information on pregnancy and lactation evidence: Reprotox.org and Lactmed (<https://www.ncbi.nlm.nih.gov/books/NBK501922/>)

**Medications not recommended by the American Academy of Sleep Medicine for the treat of insomnia in adults**

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Diphenhydramine 50mg	1st Gen Antihistamine	Minimal	Minimal	benefit = harm (blurry vision, urinary retention)	Cat. B/ minimize dose/ frequency; larger dose may ↓milk supply	NA
Melatonin 2mg	OTC Supplement– Agonizes melatonin receptors	Minimal	Minimal	benefit = harm (headache, nausea)	n/a; naturally in breastmilk; no data on safety of OTC use	improved subjective sleep quality
Tiagabine 4mg	Antiepileptic	N/A (min-mod worsening)	N/A (min-mod worsening)	harm > benefit (dizziness, lack of concentration, weakness, tremor)	Cat. C/ unknown; consider alternate	NA
Trazodone 50mg	Serotonin Modulator (receptor antagonist + reuptake inhibitor)	Minimal	Minimal	harm > benefit (headache, fatigue)	Cat. C/ use cautiously; low levels in milk	no improvement vs placebo
L-tryptophan 250mg	OTC Supplement (amino acid)	Minimal	Minimal	harm > benefit (abd pain, N/V/D)	n/a; naturally in breastmilk- no data on safety of OTC use	NA
Valerian variable dosages	OTC Supplement	Minimal	Minimal	benefit = harm (headache, GI upset, dizziness)	n/a; not recommended during lactation	NA

**Other medications used to treat insomnia, not included in AASM recommendations**

<b>Drug name (generic/brand)</b>	<b>Drug class (primary mechanism of action)</b>	<b>Evidence for improving sleep onset parameters</b>	<b>Evidence for improving sleep maintenance parameters</b>	<b>Risks of harm &amp; common side effects</b>	<b>Pregnancy category/Evidence of use in lactation</b>	<b>Clinical trial findings among patients receiving MOUD to treat insomnia</b>
Mirtazapine	Tetracyclic Antidepressant	Significant	Significant	harm > benefit (↑weight/ ↑lipids, dry mouth)	Cat. C; use cautiously; low levels in milk	superior to zolpidem in all measures of sleep quality
Gabapentin	Antiepileptic	Significant	Significant	harm> benefit (dizziness, fatigue, peripheral edema)	Cat. C; use cautiously	improved sleep in patients on naltrexone
Hydroxyzine	1st Gen Antihistamine	Minimal	Minimal	benefit = harm (drowsiness, dry mouth)	Cat. C; low dose or use other med	NA
Quetiapine	2nd Gen Antipsychotic	Minimal	Minimal	harm> benefit (↑weight, lipids, BP; orthostasis)	Cat. C/ use possible if mother needs 2nd Gen antipsychotic	NA

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