



## Short Communication

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### Short-Term Treatment of Insomnia with the Prescription of Common Sleeping Pills

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#### Introduction

Insomnia is a sleeping disorder, leading to difficulty in falling asleep. Affecting anyone majorly women's and older adults with work stress, hormonal changes, menopause, consuming certain medications, intake of caffeine products, alcohol usage etc., Different types of insomnia are observed in which medication is mostly given to chronic insomnia patients, this sleeping disorder accompanies medical, psychiatrist major sleep disorder, with symptoms like fatigue, low concentration, anxiety, depression, mood changes and many other. Treatment of insomnia include different types, it maybe physiological therapies, pharmacological therapy and medication therapy's.

#### Description

Many multiple drug therapies have been used for treatment of insomnia; these medications are known to be hypnotics or sedatives, ranging from dedicated hypnotics, such as zolpidem, to multifunctional benzodiazepine, antihistamines and trazodone, as well as over-the-counter use of the hormone melatonin have been used for treatment. The usage of drug treatments is recommended only in the short term, usually for 7–10 nights, no longer pharmacological treatment is given to patients [1].

#### Benzodiazepines

The benzodiazepine group shares multifunctional clinical effects like anticonvulsant, anxiolytic, amnestic, and hypnotic features. Major of people with primary insomnia takes benzodiazepine or no benzodiazepine gamma-amino butyric acid (GABA) agonists as sleeping pills, GABA is the most common neurotransmitter in the CNS, present in the cortex and limbic system. GABA is inhibitory in nature and reducing the excitability of neurons. GABA produces calming effect on the brain. The BZD receptor contains the  $\alpha 1$  isoform BZ1 receptor which is highly present in the cortex, thalamus, and cerebellum; responsible for sedative effect inducing sleep. Sixty percentage of GABA receptor is present in alpha subunit. Benzodiazepines can be administered via intramuscular, intravenous, oral, sublingual or rectal gel forms [2].

#### Melatonin System

Melatonin is secreted by pineal gland in brain through suprachiasmatic nucleus;

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Ramelteon is a synthetic melatonin receptor agonist, conveyed by the retinoid hypothalamic the MT1 and MT2 mediate the molecular signaling of melatonin [3].

#### Side effects of sleeping pills

- Dry mouth or throat
- Mental slowing or problems with attention or memory
- Unusual dreams
- Parasomnia
- Blurred vision or any other problems with your sight
- Difficulty breathing or swallowing
- Dizziness or light headedness, which may lead to falls
- Gastrointestinal problems, such as diarrhea and nausea
- Drowsiness, more so with drugs that help you stay asleep
- Severe allergic reaction
- Daytime memory and performance problems

#### Conclusion

Basic treatment of medical therapies in sleep medicine is to improve waking function by improving sleep or by increasing energy during wakefulness. Drugs for improving waking function include amphetamine derivatives, modafinil, and caffeine, from benzodiazepine hypnotics to over-the-counter antihistamines. As these medication are prescribed in various fields of medicine it's important to know the side effects of these sleeping pills for better usage and awareness

#### References

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