• Sedative-Hypnotics
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• 2008
• Review
• Sleep
  — NREM
  — REM
• Insomnia-inability to sleep
• Sedative-Hypnotic Therapy
• Hypnotic-produces sleep
• Sedative-quiets and relaxes person
• Want nonhabit forming, no hangover effects
• Use can decrease REM sleep, causing body to have rebound sleep
• Groups of Sedative Hypnotics
  • Barbituate/Benzodiazapines
  • Nonbarbituate/Nonbenzodiazepines
  • Miscellaneous
• Nursing Interventions
• Food choices
• Activity
• Restful environment
• Anxiety
• Specifics to Sedative Hypnotics
• PRN basis
• CNS depression
• Safety issues
• Dependency
• Drug Class: Barbituates
  • Examples; Amytal, Luminal
  • Side effects: respiratory depression, hangover effect
  • Limit to two weeks
    — Withdrawal with long term use
    — Dependence
• Paradoxical response
• Drug Class: Benzodiazepines
• Can also be used as anticonvulsants, antianxiety meds, muscle relaxants
• Preop sedation with amnesia
• Examples: Ativan, Versed, Restoril, Halcion
• Side effects: drowsiness, confusion, hallucinations, dependence liver failure
• Drug Class: Non Barbituate.....
• Examples- Benadryl, Unisom, Lunesta
• Drug Class: Miscellaneous Sedative Hypnotic Agents
• Examples: Sonata, Ambien, Rozerem
• Watch for withdrawal if has been used long term
• PARALDEHYDE (Paral)
• Rapid onset of action