

Sleeper/benzodiazepine Half-life

Sonata	1 hr
Ambien	2
Halcion	3
Lunesta	6
Restoril	11
ProSom	10-24
Doral	39
Dalmane	74

Benzodiazepines

	Dose Equivalent	Half-life in hours
Alprazolam (Xanax)	0.5	6-20
Chlordiazepoxide (Librium)	10	30-100
Clonazepam (Klonopin)	0.25	18-50
Clorazepate (Tranxene)	7.5	30-100
Diazepam (Valium)	5	30-100
Lorazepam (Ativan)	1	10-20
Oxazepam (Serax)	15	8-12
* Good choice for elders (short half-life)		