

Clinical Properties of Selected Medications Used for Pediatric Insomnia

Drug	Side Effect
Alpha-2 agonist Clonidine	Dry mouth, dizziness, drowsiness, headache, sedation, fatigue, weakness, constipation
Antihistamines Diphenhydramine Bronpheniramine Chlorpheniramine Hydroxyzine	Daytime drowsiness, GI problems (appetite loss, nausea/vomiting, constipation, dry mouth), paradoxical excitation
Atypical antidepressants Trazodone	Dizziness, CNS overstimulation, cardiac arrhythmias, hypotension, priapism
Benzodiazepine receptor agonists: Benzodiazepine Clonazepam Flurazepam Quazepam Temazepam Estazolam Triazolam	Residual daytime sedation, rebound insomnia on discontinuation, psychomotor/cognitive impairment, anterograde amnesia (dose dependent), impairment of respiratory function
Benzodiazepine receptor agonists: Non-benzodiazepine Zolpidem Zaleplon Eszopiclone	Headache, retrograde amnesia, few residual next-day effects
Melatonin	Drowsiness and headaches
Synthetic melatonin receptor agonist Ramelteon	No significant side effects

Suggested Citation: Kralovic, S., Ocampo, A.M.S. Clinical Properties of Selected Medications Used for Pediatric Insomnia. Developed for the *Autism Case Training: A Developmental-Behavioral Pediatrics Curriculum*. 2011.