

**Table 1. BENZODIAZEPINES AND SIMILAR DRUGS<sup>5</sup>**

<b>Benzodiazepines<sup>5</sup></b>	<b>Half-life (hrs)<sup>1</sup> [active metabolite]</b>	<b>Market Aim<sup>2</sup></b>	<b>Approximately Equivalent Oral dosages (mg)<sup>3</sup></b>
Alprazolam (Xanax)	6-12	a	0.5
Bromazepam (Lexotan, Lexomil)	10-20	a	5-6
Chlordiazepoxide (Librium)	5-30 [36-200]	a	25
Clobazam (Frisium)	12-60	a,e	20
Clonazepam (Klonopin, Rivotril)	18-50	a,e	0.5
Clorazepate (Tranxene)	[36-200]	a	15
Diazepam (Valium)	20-100 [36-200]	a	10
Estazolam (ProSom)	10-24	h	1-2
Flunitrazepam (Rohypnol)	18-26 [36-200]	h	1
Flurazepam (Dalmane)	[40-250]	h	15-30
Halazepam (Paxipam)	[30-100]	a	20
Ketazolam (Anxon)	30-100 [36-200]	a	15-30
Loprazolam (Dormonoct)	6-12	h	1-2
Lorazepam (Ativan)	10-20	a	1

Lormetazepam (Noctamid)	10-12	h	1-2
Medazepam (Nobrium)	36-200	a	10
Nitrazepam (Mogadon)	15-38	h	10
Nordazepam (Nordaz, Calmday)	36-200	a	10
Oxazepam (Serax, Serenid, Serepax)	4-15	a	20
Prazepam (Centrax)	[36-200]	a	10-20
Quazepam (Doral)	25-100	h	20
Temazepam (Restoril, Normison, Euhypnos)	8-22	h	20
Triazolam (Halcion)	2	h	0.5
<b>Non-benzodiazepines with similar effects<sup>4,5</sup></b>			
Zaleplon (Sonata)	2	h	20
Zolpidem (Ambien, Stilnoct)	2	h	20
Zopiclone (Zimovane, Imovane)	5-6	h	15
Eszopiclone (Lunesta)	6 (9 in elderly)	h	3

1. Half-life: time taken for blood concentration to fall to half its peak value after a single dose. Half-life of active metabolite shown in square brackets. This time may vary considerably between individuals.
2. Market aim: although all benzodiazepines have similar actions, they are usually marketed as anxiolytics (a), hypnotics (h) or anticonvulsants (e).

3. These equivalents do not agree with those used by some authors. They are firmly based on clinical experience but may vary between individuals.
4. These drugs are chemically different from benzodiazepines but have the same effects on the body and act by the same mechanisms.
5. All these drugs are recommended for short-term use only (2-4 weeks maximum).