

## Learning unit: Hypnosedatives

### Important terms

benzodiazepines

- midazolam
- diazepam

„Z“ substances

- zopiclone
- zolpidem
- eszopiclone

antidepressant drugs used for treatment of insomnia

- trazodone
- agomelatine
- mirtazapine
- dosulepine

drugs affecting circadian rhythms

- melatonin

H<sub>1</sub> antihistamines (I. generation)

- promethazine
- moxastin
- bisulepine

medicinal herbs as hypnosedatives

dependency on hypnosedatives

### Learning outcomes

Student can describe substances of the individual groups and mechanisms of their action.

Student knows indications of hypnosedatives.

Student knows risks of long-term use of hypnosedatives.

### Recommended study materials:

Rang & Dale's Pharmacology, 9th edition, 2020-chapter 45: Anxiolytic and hypnotic drugs, pp. 569-578.

Study materials of the course aVLFA0822c and aVLFA0822p

### Exam questions

*Special pharmacology:* 29. Hypnosedatives, anxiolytics

*„Essential“ drugs:* 113. zolpidem, 22. diazepam