

11.1. HYPNOTICS

11.1.1. Introduction

Hypnotics produce sleep resembling natural sleep. **Sedatives** reduce excitement and are commonly used as anxiolytics. Sedatives as well as hypnotics induce CNS depression. **Anxiolytics** reduce anxiety. They are mostly sedatives, although **bupirone** is an exception.

Sedative-hypnotic agent is a chemical substance which reduces tension and anxiety and induces calmness (sedative effect) or sleep (hypnotic effect). Low doses of these drugs exert a calming effect and higher doses have a sleep-inducing effect. Sedative-hypnotic drugs depress the CNS. Drugs like opiates can also produce these actions, thus sedative-hypnotics have a distinctive feature that they are capable of producing effects without altering mood or reducing sensitivity to pain.

11.1.2. Classification

Sedatives and hypnotics are classified as follows:

1) Urea Derivatives

i) **Diureides:** Barbiturates.

a) **Long Acting Barbiturates:** Phenobarbitone and Mephobarbitone.

b) **Short Acting Barbiturates:** Butobarbitone, Secobarbitone, and Pentobarbitone.

c) **Ultra Short Acting:** Thiopentone and Hexobarbitone.

ii) **Related Ureides:** Glutethimide.

2) **Benzodiazepines:**

i) **Hypnotics:** Diazepam, Clonazepam, Flurazepam, and Nitrazepam.

ii) **Antianxiety Drugs:** Diazepam, Chlordiazepoxide, and Lorazepam.

iii) **Anticonvulsants:** Diazepam, Clonazepam, and Oxazepam.

3) **Newer Non-Benzodiazepines Hypnotics:** Zopiclone and Zolpidem.

4) **Miscellaneous:** Chloral hydrates, Triclophos, and Paraldehyde.