

DAILY DOSE THRESHOLDS FOR SEDATIVE-HYPNOTICS

Generic	Brand (Manufacturer)	Usual Maximum Daily Dose	Max Daily Dose for LTC Patients
Chloral hydrate*	(various)	2000mg	500mg
Diphenhydramine*	Benadryl (McNeil)	50mg	25mg
Estazolam	(various)	2mg	0.5mg
Eszopiclone	Lunesta (Sunovion)	3mg	1mg
Flurazepam*	(various)	30mg	15mg
Hydroxyzine*	Vistaril (Pfizer)	100mg	50mg
Lorazepam	Ativan (Biovail)	4mg	1mg
Oxazepam	(various)	30mg	15mg
Quazepam*	Doral (Questcor)	15mg	7.5mg
Ramelteon	Rozerem (Takeda)	8mg	8mg
Temazepam	Restoril (Mallinckrodt)	30mg	15mg
Triazolam*	Halcion (Pfizer)	0.5mg	0.125mg
Zaleplon	Sonata (King)	20mg	5mg
Zolpidem IR	Ambien (Sanofi Aventis)	10mg	5mg
Zolpidem CR	Ambien CR (Sanofi Aventis)	12.5mg	6.25mg
Zolpidem SL**	Intermezzo (Purdue)	1.75mg (female) 3.5mg (male)	1.75mg

NOTES

*Not recommended for management of insomnia, especially in elderly.

**SL = sublingual

Adapted from the CMS State Operations Manual: Appendix PP - Guidance to Surveyors for Long Term Care Facilities.

Available at: [cms.hhs.gov/manuals/Downloads/som107ap_pp_guidelines_tctcf.pdf](https://www.cms.hhs.gov/manuals/Downloads/som107ap_pp_guidelines_tctcf.pdf). Accessed 9/2010.

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