

BENZODIAZEPINES								
Generic Name	Brand Name	Equivalent Dose (mg)	Time to Peak (hours)	Half-Life (hours)	Dose Range (mg/day)	Dose Frequency	MAX Dose (mg/day)	Geriatric Dose Range (mg/day)
Alprazolam	XANAX®	0.5	1 – 2	11 ^g	0.25 – 4	TID	4-10 ^{a,m}	0.25 – 0.75
Chlordiazepoxide	LIBRIUM®	10	1.5 – 4	P: 5 – 30 M: 14 – 100 ^e	5 – 100	TID – QID	100	5 – 20 ^{k,l}
Clobazam	ONFI®	5	0.5 – 4	P: 36 – 42 M: 71 – 82 ^f	20 – 80	Qday-BID	80	5 – 40
Clonazepam	KLONOPIN®	0.25	1 – 4	30 – 40	0.25 – 4	BID	20c	0.25 – 1 ⁿ
Clorazepate	TRANXENE®	7.5	1 – 2	M1: 40 – 50 M2: 6 – 8 ^h	15 – 60	BID – QID	90 ^d	15 – 60 ^k
Diazepam	VALIUM®	5	0.25 – 2	P: 20 – 50 M: 50 – 100 ⁱ	2 – 40	BID – QID	40	1 – 10 ^q
Lorazepam	ATIVAN®	1	2	12 – 14	1 – 10	BID – TID	10	0.25 – 2 ^p
Oxazepam	SERAX®	15	2 – 4	3 – 6	10 – 120	TID – QID	120	10 – 45
BENZODIAZEPINE HYPNOTICS								
Flurazepam	DALMANE®	15	Onset: 0.25 Peak: 3 – 6	P: 2 M: 74 – 113 ^j	15 – 30	QHS	30	15 ^k
Temazepam	RESTORIL®	15	2 – 3	10 – 12	7.5 – 30	QHS	30	7.5 – 15
Triazolam ^b	HALCION®	0.25	Onset: 0.25 – 0.5 Peak: 2	1.5 – 6	0.25 – 0.5	QHS	0.5	0.125 – 0.25
NON-BENZODIAZEPINE HYPNOTICS								
Eszopiclone	Lunesta®	N/A	~1	6, elderly: ~9	1 – 3	QHS	3	1 – 2
Zaleplon	Sonata®	N/A	~1	~1	5 – 10	QHS	20	5 – 10
Zolpidem	Ambien®	N/A	1.6	2.6	5 – 10	QHS	10	5

a. Usual max: 4 mg/day, doses >4 mg/day should be increased cautiously. Periodic reassessment and consideration of dosage reduction is recommended.³

b. As of October 1991, the UK's Committee on the Safety of Medicines removed triazolam from the market, d/t high frequency of psychiatric SEs

c. Antianxiety: 20 mg/day⁵; Panic disorder: 4 mg/day^{3,4}; Seizure disorder: 20 mg/day^{3,4}

d. Antianxiety: 60 mg/day^{3,4}, 90 mg/day⁵. Ethanol withdrawal: 90 mg/day³

e. Chlordiazepoxide's active metabolites include demoxepam, desmethylchlordiazepoxide, desmethylclordiazepoxide, & oxazepam. Chlordiazepoxide: 5–30 hours, metabolites: 14–100 hours.

f. 36-42 hours; N-desmethyl (active): 71-82 hours

g. 11.2 hours (Immediate release range: 6.3-26.9 hours; Extended release range: 10.7-15.8 hours)

h. Nordiazepam: 40-50 hours; Oxazepam: 6-8 hours. Clorazepate is rapidly decarboxylated to nordiazepam (active) in acidic stomach; hepatically to oxazepam (active)

i: Parent drug: 20-50 hours; increased half-life in elderly and severe hepatic disorders; Active major metabolite (desmethylclordiazepoxide): 50-100 hours

j: Flurazepam: 2.3 hours; N-desalkylflurazepam: Single dose: 74-90 hours; Multiple doses: 111-113 hours. Elderly (61-85 years): Single dose: 120-160 hours; Multiple doses: 126-158 hours
k. Avoid in elderly; long half-life
l. geriatric patients or in the presence of debilitating disease: 5 mg 2 to 4 times daily⁴
m. Anxiety: Max daily dose (MDD) 4 mg, Panic disorder, With or without agoraphobia: Range, 1 to 10 mg/d (mean, 5 to 6 mg/day)
n. Not specified, start low & monitor
p: Beers Criteria: Avoid maintenance doses >3 mg/day
q: Increase dose gradually as needed/tolerated. Avoid in elderly; long half-life

References:

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2. Pharmacist Letter. Benzodiazepine Toolkit. 2011
3. Lexicomp Online. Information retrieved on 2/6/13
4. Micromedex Online. Retrieved on 8/10/16
5. Maxmen S. & Ward N. Psychotropic Drugs: Fast Facts. Third Edition. W.W. Norton, 2002