

💡💡 Anxiolytics & Sleep Aids: Your Calm & Sleep Dream Team!

💡💡 Meet Your Anxiety & Sleep Squad!

Quick reference for choosing the perfect relaxation and sleep helpers! ✨

♀ Non-Addictive Anxiety Fighters

"We help you chill without the addiction risk!"

💡💡 Buspirone (Buspar): "The Patient Peacekeeper"

💡💡 **Superpower:** GAD specialist, no addiction potential

🕒 **Patience needed:** Takes 2-4 weeks to work (not instant!)

💡💡 **Best for:** Generalized anxiety, patients with addiction history
💡💡 **Dosing:** BID to TID (2-3 times daily)

💡💡 **Pro tip:** Tell patients "This isn't Xanax - it takes time but it's worth it!"

💡💡 Hydroxyzine (Vistaril): "The Antihistamine Anxiety Fighter"

💡💡 **Superpower:** Fast-acting anxiety relief + sleep help

💡💡 **Side effects:** Sedation (that's often the point!), dry mouth

💡💡 **Best for:** Acute anxiety, PRN use, sleep trouble

💡💡 **Pro tip:** Great alternative to benzos for immediate relief!

💡💡 Performance & Trauma

Specialists "We handle specific anxiety situations!"

💎💎 Propranolol (Inderal): "The Stage Fright Slayer"

💎💎 **Superpower:** Blocks physical anxiety symptoms

💎💎 **Best for:** Performance anxiety, presentations, social situations 🕒 **Timing:** Take 30-60 minutes before the event

⚠️ **Watch out for:** Low blood pressure, slow heart rate

💎💎 **Pro tip:** Perfect for musicians, public speakers, test-takers!

💎💎 Prazosin (Minipress): "The Nightmare Terminator"

💎💎 **Superpower:** Stops PTSD nightmares and night sweats

💎💎 **Best for:** PTSD nightmares, trauma-related sleep issues

💎💎 **Starting dose:** 1mg (start low!)

⚠️ **Watch out for:** Dizziness when standing up

💎💎 **Pro tip:** Game-changer for veterans and trauma survivors!

💎💎 Sleep Specialists (Off-Label

Heroes) "We're antidepressants by day, sleep aids by night!"

💎💎 Trazodone (Desyrel): "The Sleepy Antidepressant"

💎💎 **Superpower:** Excellent sleep aid, some antidepressant effect 💎💎 **Sleep dose:** 25-150mg at bedtime (Puckey, 2024)

💎💎 **Best for:** Insomnia, especially with depression

⚠️ **Rare but serious:** Priapism (prolonged erection - medical

emergency!) **?? Pro tip:** Most commonly prescribed sleep aid in psychiatry!

Mirtazapine (Remeron): "The Appetite & Sleep Booster"

?? Superpower: Sleep + appetite + mood improvement

?? Dosing paradox: Lower doses (7.5-15mg) = more sedating (Jilani et al., 2024)

?? Best for: Underweight patients, elderly, depression +

insomnia **?? Pro tip:** Perfect for patients who need to gain weight!

! Benzodiazepines: The "Handle with Extreme Care" Squad

"We're effective but dangerous - use us wisely!"

?? The Benzo Brigade:

Lorazepam (Ativan): Short-acting, clean elimination

Clonazepam (Klonopin): Long-acting, good for panic

Alprazolam (Xanax): Fast-acting, high addiction potential

?? Benzo Safety Protocols:

! BENZODIAZEPINE DANGER ZONE !

?? AVOID IN:

- History of substance abuse
- Elderly patients (fall risk)
- Respiratory problems
- Pregnancy

🕒 TIME LIMITS:

- Maximum 2-4 weeks continuous use
- PRN use preferred over daily
- Taper slowly when discontinuing

◆◆ APPROPRIATE **USES:**

- Panic attacks (short-term)
- Severe acute anxiety
- Alcohol withdrawal
- Seizure disorders

◆◆ Quick Selection Guide!

◆◆ Generalized Anxiety: Buspirone (first choice!)

◆◆ Panic Attacks: Hydroxyzine or benzos

(short-term) ◆◆ Performance Anxiety: Propranolol

◆◆ PTSD Nightmares: Prazosin

◆◆ Insomnia + Depression: Trazodone or

Mirtazapine ◆◆ Insomnia Only: Trazodone (low
dose)

◆◆ Elderly Insomnia: Trazodone or Mirtazapine (avoid
benzos!) Need Weight Gain: Mirtazapine

◆◆ Safety Comparison Chart!

◆◆ Safest Options (Low Risk):

Buspirone: No addiction, no withdrawal

Hydroxyzine: Antihistamine, generally safe

Propranolol: Beta-blocker, well-tolerated

◆◆ Moderate Risk:

Trazodone: Priapism risk (rare), next-day grogginess

Mirtazapine: Weight gain, sedation

Prazosin: Orthostatic hypotension

◆◆ High Risk (Use with Caution):

All Benzodiazepines: Addiction, withdrawal, falls, cognitive impairment

◆◆ Pro Tips for Anxiety & Sleep Success!

◆◆ Starting Strategies:

Start with non-addictive options first

Set realistic expectations (some take weeks to work)

Address sleep hygiene alongside medications

Consider therapy (CBT-I for insomnia, CBT for anxiety)

◆◆ Patient Education:

"Buspirone takes 2-4 weeks - be patient!"

"Trazodone may cause morning grogginess initially"

"Propranolol works best taken before stressful events"

"Benzos are for short-term use only"

◆◆ Red Flag Warnings:

Priapism with trazodone: "Go to ER immediately!"

Severe dizziness with prazosin: "Get up slowly!"

Benzo withdrawal: "Never stop suddenly!"

Respiratory depression: "Don't mix with alcohol!"

💡💡 Switching Strategies:

From benzos: Taper slowly, substitute with buspirone/hydroxyzine

Sleep aids not working: Consider sleep study, address underlying issues
Side effects: Lower dose or switch to different class

💡💡 Special Situations!

💡💡 Elderly Patients:

💡💡 ELDERLY-FRIENDLY OPTIONS 💡💡

✅ PREFERRED:

- Trazodone (low dose)
- Mirtazapine (appetite benefit)
- Hydroxyzine (short-term)

⚠️ USE CAUTION:

- Buspirone (slower metabolism)
- Propranolol (check heart function)

❌ AVOID:

- Benzodiazepines (fall risk, cognitive impairment) - High-dose anything

💡💡 Pregnancy Considerations:

💡💡 PREGNANCY SAFETY GUIDE 💡💡

✅ SAFER OPTIONS:

- Hydroxyzine (Category B)
- Low-dose propranolol (if needed)

⚠️ USE CAUTION:

- Trazodone (limited data)
- Buspirone (limited data)

❌ AVOID:

- Benzodiazepines (especially first trimester) - Mirtazapine (weight gain concerns)

💡💡 Substance Use History:

💡💡 ADDICTION-SAFE OPTIONS 💡💡

✅ FIRST CHOICES:

- Buspirone (no abuse potential)
- Hydroxyzine (no abuse potential)
- Propranolol (no abuse potential)
- Prazosin (no abuse potential)

⚠️ CAUTION:

- Trazodone (minimal abuse potential)
- Mirtazapine (minimal abuse potential)

❌ ABSOLUTELY AVOID:

- All benzodiazepines
- Z-drugs (zolpidem, etc.)

💡💡 The Bottom Line!

Your anxiety and sleep toolkit should prioritize safety and non-addiction options first! Buspirone is your GAD champion, trazodone is your sleep superhero, and propranolol is your performance anxiety specialist. Save the benzos for true emergencies and short-term use only.

Remember: The best anxiolytic is often therapy + lifestyle changes + the right non-addictive medication! ♀✨

Sweet dreams and calm days ahead! 💡💡💡💡

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