

Sleeping Pills Its Usage and Their Side Effects

Leila Kheirandish-Gozal*

Director of Clinical Sleep Research, University of Chicago, USA

Sleeping pills work by making you weary and relaxed, allowing you to sleep better. Sleep aids, particularly natural ones like melatonin, might have negative side effects. During the day, you may feel disoriented or tired. In their sleep, some people walk or eat (parasomnia). Other non-pharmaceutical treatments, such as cognitive behavioural therapy (CBT), are more effective at improving sleep.

Sedative hypnotics are the most common sleeping medicines. This is a class of medications intended to help people fall asleep or stay asleep. Sedative hypnotics include benzodiazepines, barbiturates, and other hypnotics. Anti-anxiety drugs such as Ativan, Librium, Valium, and Xanax are benzodiazepines. They also make people sleepy by increasing sleepiness. Halcion is an older benzodiazepine sedative-hypnotic drug that has been mostly supplanted by newer drugs. While these medicines may be helpful in the short term, they are all potentially addictive and might cause memory and attention issues. They are generally not advised for long-term therapy of sleeping disorders.

Barbiturates are a type of sedative-hypnotic medication that depresses the central nervous system and causes sedation. Barbiturates, either short- or long-acting, are used as sedatives or sleeping medicines.

Newer drugs make it easier to fall asleep. Ambien, Lunesta, and Sonata are examples of sleep-inducing medicines that bind to the same receptors in the brain as benzodiazepines. They are less prone than benzodiazepines to become habit-forming, but they can still create physical dependence over time. They have the ability to immediately increase drowsiness and sleep. Rozerem, another sleep aid, works in a different way than other sleep aids.

Side effects of sleeping pills

Sleeping drugs can make it difficult to breathe normally, which can be problematic for persons who have asthma, emphysema, or other kinds of chronic obstructive pulmonary disease.

Burning or tingling in the hands, arms, feet, or legs are common adverse effects of prescription sleeping medicines such as Ambien, Halcion, Lunesta, Rozerem, and Sonata. Appetite fluctuations, Diarrhea, Constipation Problems with balance, Dizziness, sleepiness during the day, Mouth or throat dryness Gas, Heartburn, Headache The next day's impairment, Mental sluggishness or difficulties with attention or memory Pain or soreness in the stomach, Shaking of a body part that is uncontrollable, Dreams that are unusual, Weaknesses, for example Parasomnias are one of the potentially hazardous side effects of several sleeping medicines. Sleepwalking is an example of a parasomnia, which are movements, behaviours, and activities over which you have no control. You are asleep and ignorant of what is going on during a parasomnia.

Sleeping pill parasomnias are complex sleep behaviours that include sleeping while eating, sleeping while making phone calls etc. Sleep driving, or driving while not completely awake, is another dangerous side effect of sleeping pills.

When to take sleeping pills?

It is usually suggested that you take the sleeping tablet immediately before you want to go to bed. Read your doctor's advice on the sleeping drug prescription package. The instructions offer specific information about your medication. Also, before taking a sleeping pill, make sure you have enough of time to sleep. To aid sleep, some people take melatonin or valerian pills. Melatonin is a natural sleep-promoting hormone produced by your body. Valerian is a herb that is said to help with sleep and relaxation.

Sleeping medications available over the counter

Although these sleep aids are widely available, you should see your physician before using them. Over-the-counter sleep aids (including supplements) contain drugs that can interact with other prescriptions or worsen health issues. Other side effects of some over-the-counter sleep drugs can be particularly difficult for older people to deal with.

*Correspondence to: Leila Kheirandish-Gozal, Director of Clinical Sleep Research, University of Chicago, USA, E-mail: leila-kheirandish@gmail.com.

Received: 16-Nov-2022, Manuscript No. JSDT-22-20631; Editor assigned: 18-Nov-2022; PreQC No. JSDT-22-20631 (PQ); Reviewed: 02-Dec-2022,

QC No. JSDT-22-20631; Revised: 09-Dec-2022, Manuscript No. JSDT-22-20631 (R); Published: 16-Dec-2022, DOI: 10.35248/2167-0277.22.11.393

Citation: Leila KG (2022) Sleeping Pills its Usage and their Side Effects. J Sleep Disord Ther. doi: 10.35248/2167-0277.21.11.393

Copyright: ©2021 Leila KG. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

It's possible that your mouth is dry. You could possibly be constipated and having trouble peeing. Consult your doctor before deciding to take sleeping drugs.

They might suggest a medical exam to figure out what's causing your sleep issues, such as depression, anxiety, or a sleep disorder.

Prescription sleeping drugs may have hazards or side effects

While you're mainly asleep, this disturbed sleep condition can lead to harmful activities. Z-drug users, in instance, may sleepwalk or eat, take prescriptions, chat, or even drive while completely unaware of their actions. Your brain is not fully vigilant, even if you appear to be awake. After they wake up, most people have no recollection of doing these acts.

Benzodiazepines have the potential to become addicted, leading to substance misuse. Healthcare providers exclusively prescribe these sleeping tablets for short-term use to reduce this risk. Instead, you're more likely to receive a prescription for Z-drugs.

Experts recommend changing your lifestyle and bedtime habit as a long-term solution to sleep difficulties, even if you opt to use sleeping pills or drugs in the short term. Without the risk of side effects or dependence, behavioural and environmental adjustments can have a greater favourable influence on sleep than medicine.

A soothing bedtime ritual- Turn off electronics at least one hour before bedtime and instead engage in calm, relaxing activities like reading, mild yoga, or soft music. Reduce the amount of light in your room to naturally increase melatonin levels.

Breathing from the abdomen- The majority of us do not breathe deeply enough. It can truly improve the part of our neural system that controls relaxation when we breathe deeply and profoundly, involving not only the chest but also the abdomen, lower back, and ribs.