

5. Three new classes of non-benzodiazepine hypnotics are a) imidazopyridines (zolpidem - "Ambien" and "Ambien CR" - controlled release), b) cyclopyrrolones (zopiclone - "Imovane" and eszopiclone - "Lunesta") and pyrazolopyrimidines (zaleplon - "Sonata"). All 3 classes of these drugs are approved for the use in the US and are classified as Control Substances Schedule IV by FDA. Zolpidem, eszopiclone and zaleplon have strong sedative properties without anxiolytic, myorelaxant, or anticonvulsant effects. They all bind to GABA A receptor complex.

6. Ramelteon ("Rozerem") is an approved sleep-promoting medication in the US. It has a different mechanism of action than benzodiazepines or non-benzodiazepines. It produces sleep-promoting effect by acting as a melatonin receptor agonist with both high affinity for melatonin MT1 and MT2 receptors. It is hypothesized that these receptors, acted upon by endogenous melatonin, are thought to be involved in the maintenance of the circadian rhythm underlying the normal sleep-wake cycle. In 6 clinical trials, administration of melatonin increased the amount of time people slept by about 10 minutes for 8 hours spent in bed. "Rozerem" is a nonscheduled prescription insomnia medication and it is not a Control Substance.