

Short-Term use of Triazolam in Treatment of Acute Insomnia and its Side Effects

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DESCRIPTION

In our increasingly stressful lives, a good night's sleep has become a rare commodity for many. As a result, sleep aids have gained popularity, with one medication often mentioned in discussions is triazolam. This powerful sedative, commonly prescribed for short-term insomnia treatment, promises quick relief from sleepless nights. However, it is essential to delve deeper into the risks and benefits associated with sleep triazolam to make informed decisions about its use.

Fast-acting sleep aid

Triazolam belongs to a class of drugs called benzodiazepines, known for their sedative properties. It acts on the central nervous system, enhancing the effects of Gamma-Aminobutyric Acid (GABA), a neurotransmitter that promotes relaxation and sleep. Triazolam is valued for its rapid onset of action, helping individuals fall asleep quickly. For short-term insomnia, it can be effective in promoting sleep initiation and reducing nocturnal awakenings.

Concerns of tolerance and dependence

Despite its efficacy, one of the primary concerns associated with triazolam is the potential for tolerance and dependence. Continued use of triazolam may lead to reduced effectiveness over time, requiring higher doses to achieve the same sedative effect. Prolonged use can also result in physical and psychological dependence, making it difficult to discontinue the medication without experiencing withdrawal symptoms. This raises questions about the appropriate duration of triazolam use and the need for regular reassessment by healthcare professionals.

Safety precautions and side effects

Triazolam, like other benzodiazepines, carries certain risks and side effects. It can cause drowsiness and impair cognitive function, leading to daytime sleepiness and decreased alertness. These effects can be particularly problematic for individuals who need to operate machinery or engage in activities that require

mental acuity. Furthermore, triazolam has been associated with memory impairment, confusion, and even episodes of sleepwalking or sleep-related behaviors. These potential risks highlight the importance of cautious prescribing practices and monitoring for adverse effects.

Interactions and contraindications

Another crucial consideration when using triazolam is its potential interactions with other medications and substances. Combining triazolam with alcohol or other central nervous system depressants can result in respiratory depression and increased sedation, posing serious risks to one's health. Additionally, certain medications, such as antifungals, antibiotics, and HIV protease inhibitors, can alter the metabolism of triazolam, leading to increased blood levels and potential toxicity. Healthcare professionals must carefully evaluate an individual's medical history and medication regimen before prescribing triazolam to mitigate these risks.

Alternatives and non-pharmacological approaches

Given the concerns associated with triazolam, exploring alternative treatments and non-pharmacological approaches for insomnia is essential. Cognitive Behavioral Therapy (CBT) for insomnia (CBT-I), for example, has shown considerable efficacy in improving sleep quality and addressing underlying psychological factors contributing to sleep disturbances. Additionally, implementing lifestyle modifications, such as maintaining a regular sleep schedule, creating a conducive sleep environment, and practicing relaxation techniques, can be effective in managing insomnia without resorting to medication.

Short-term use and limited indications

Considering the risks and potential side effects, triazolam should be reserved for short-term use and limited to specific indications. It may be appropriate for individuals experiencing acute insomnia due to situational factors, such as jet lag or a traumatic event. However, it should not be used as a long-term solution for chronic sleep disturbances or as a substitute for addressing underlying causes of insomnia.

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