Temazepam History and Information

Temazepam had the highest rate of drug intoxication (including overdose), among benzodiazepines in cases with and without alcohol combined (1985 study). A 1995 Australian study found that overdose with Temazepam was more likely to lead to coma than other benzodiazepines.

Like all Benzodiazepines, Temazepam can cause physical dependence and addiction and if withdrawn too rapidly can cause benzodiazepine withdrawal symptoms that resemble severe alcohol and barbiturate withdrawal. Abrupt withdrawal from therapeutic doses of Temazepam may result in a severe benzodiazepine withdrawal syndrome. Gradual and careful dose reduction is strongly recommended.

Temazepam (Restoril) is an intermediate acting benzodiazepine, approved for the short-term treatment of insomnia. Temazepam was first synthesized in 1969 and by the 1980s became one of the most popular and widely prescribed hypnotics on the market.

While Temazepam was shown in laboratory sleep studies to decrease the number of nightly awakenings but has the disadvantage of distorting the normal sleep pattern. In the UK the prescribing guidelines of hypnotics are restricted to 2-4 weeks due to concerns of tolerance and dependence. In the United States Temazepam is approved as “no-go pills” to help special-duty personnel and aviators sleep for mission readiness.

Chronic use of Temazepam can cause drug tolerance and this can develop rapidly, therefore Temazepam is only recommended for short-term use (1-2 weeks). In use longer than 1-2 weeks, tolerance to Temazepam will rapidly develop, causing the inability of Temazepam to maintain sleep. Some studies have shown tolerance to Temazepam can occur in as little as one week, whereas other studies showed no issue of tolerance in 6 days.

The main pharmacological action of Temazepam is to increase the effect of the neurotransmitter gamma-aminobutyric acid GABA. This causes sedation, motor impairment, ataxia, anxiolysis, an anticonvulsant effect, muscle relaxation, and a reinforcing effect.

A current study is underway from the Metropolitan Water Reclamation District of Greater Chicago to analyze the effects of pharmaceuticals on fish to determine the life-cycle exposure and alterations from Temazepam individually and then combined with anti-inflammatory drugs, antibiotics and a muscle relaxants since this combination is typically found in streams flowing into the Great Lakes.

As with all benzodiazepines, Temazepam produces addictive central nervous system effects when taken with other medications that depress the CNS, such as barbiturates, other benzodiazepines, sleeping pills, muscle relaxants, antihistamines, anesthetics and alcohol.
Disclaimer:
*While great care has been taken in organizing and presenting the material throughout this website, please note that it is provided for informational purposes only and should not be taken as Medical Advice.
*Because prescription medications can cause severe withdrawal reactions, do not stop taking any medication without first consulting your physician. The decision to taper any medication should be discussed with your doctor and done with their consent and support.

www.pointofreturn.org