Non-benzodiazepines
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Non-benzodiazepines

**Q1.** Non-benzodiazepines belong to the category of drugs that are termed as Z-Class. These are psychoactive, psychopharmaceutical or psychotropic drugs that alter the brain function and result in a change in mood, perception, state of mind, consciousness, cognition or behavior. Non-benzodiazepines are very much similar to benzodiazepines in terms of classification, chemical composition, and function as well (do Rego, Vaudry, & Vaudry, 2015). The only difference that lies minutely between the function of both the drugs is that although Benzodiazepines are still used for the treatment of anxiety, Non-benzodiazepines are preferred by the physicians as they are more selective a benzodiazepine anxiolytics, for the treatment of anxiety, pain, and other issues with little or no sedation, anticonvulsant effects, or anterograde amnesia.

**Q2.** Unlike the benzodiazepines, Non-benzodiazepines (e.g., Zolpidem/Ambien; Eszopiclone/Lunesta) have a little or no effect over the sleep. Most of the Z-type drugs do not interfere with the sleep cycles of the body and let it function normally. In fact, it has been found to suppress the SWS of the normal sleep patterns of the brain (Zhang, et l., 2014). If suppression of SWS leads to some sleep disruption, it also shows the signs of re-inhibition of REM cycles.

**Q3.** Nonbenzodiazepines are the drugs that belong to the “Z” category of drugs. They are counted under the umbrella of hypnotic drugs, The Z-category drugs are somewhat similar to the matching drugs of the same category like Benzodiazepines Lunesta, Ambien, and Sonata, but may differ a little in chemical composition a little or whole. Z-category drugs are extensively prescribed by the physicians and used by individuals in the treatment of anxiety disorders and sleeping issues.

**Q4.** I had a personal encounter with a patient of anxiety. He had mild to severe anxiety and was having trouble sleeping. I prescribed him Sonata, one of the bestdrugs of Z-Category. He came back with better results.

**References**

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Zhang, X. J., Li, Q. Y., Wang, Y., Xu, H. J., & Lin, Y. N. (2014). The effect of non-benzodiazepine hypnotics on sleep quality and severity in patients with OSA: a meta-analysis. *Sleep and Breathing*, *18*(4), 781-789.