

SEDATIVE-HYPNOTIC EQUIVALENCY CHART

Generic Name	Brand Name	Equivalent to Diazepam 10 mg OR Phenobarbital 30 mg	Time to Peak Plasma Level (Tmax) in Hours	Half-Life (T ^{1/2}) in Hours [Active Metabolites]
Alprazolam	Xanax	0.5 mg	1-2	9-20
Bromazepam	Lexotan (non-U.S.)	5 mg	0.5-4	8-30
Chlordiazepoxide	Librium	25 mg	1-4	5-30 [36-200]
Clonazepam	Klonopin	0.5 mg	1-4	19-60
Clorazepate	Tranxene	15 mg	Variable	[36-200] (unreliable absorption)
Diazepam	Valium	10 mg	1-2	20-100 [36-200]
Estazolam	ProSom	1-2 mg	0.5-0.6	10-24
Flunitrazepam	Rohypnol (non-U.S.)	1 mg		
Flurazepam	Dalmane	15-30 mg	0.5-1.0	[40-250]
Halazepam	Paxipam	20 mg	1-3	[30-96]
Ketazolam	Non-U.S.	7.5 mg	3.2	30-200
Lorazepam	Ativan	1 mg	2-4	10-20
Medazepam	Nobrium (non-U.S.)	10 mg		36-200
Midazolam	Versed		0.5-1	
Nitrazepam	Mogadon (non-U.S.)	5 mg	0.5-7	15-48
Nordazepam	Calmday (non-U.S.)	10 mg		36-200
Oxazepam	Serax	30 mg	2-3	3-25
Prazepam	Centrax (non-U.S.)	15 mg	2.5-6	[36-200]
Quazepam	Doral	15 mg	1.5	[39-120]
Temazepam	Restoril	20 mg	2.5	3-25
Triazolam	Halcion	0.25 mg	1-2	2-4
Eszopiclone	Lunesta	15 mg	1	5-6
Zaleplon	Sonata	20 mg	1	2
Zolpidem	Ambien	20 mg	1.6	2.5
Butalbital	(Fiorinal, Fioricet)	50 mg	1-2	35
Pentobarbital	Nembutal	100 mg	0.5-1	15-48
Phenobarbital	Luminal	30 mg	1+	80-120
Meprobamate	Equanil, Miltown	400 mg	2-3	11-67
Carisoprodol	Soma	350 mg	1-3	1-6 [11-67]
Choral hydrate	Noctex, Somnote	250 mg	0.5	4-12 [100]
Gamma-hydroxybutyrate	Xyrem	Uncertain	0.3-0.75	0.3-1

Adapted from Goodman & Gilman, <http://www.dr-bob.org/tips/bxd.html>, <http://benzo.org.uk/bzequiv.htm>, <http://www.rxlist.com>,
<http://www.nhtsa.dot.gov/people/injury/research/job185drugs/technical-page.htm> and Smith DE, Wesson DR. Benzodiazepine dependency syndromes. J
 Psychoactive Drugs. 1983 Jan-Jun;15(1-2):85-95. NOTE: Equivalencies are approximate. Use clinical judgment, monitor withdrawal symptoms and treat
 accordingly. ~~~~Elizabeth F. Howell, M.D. <http://www.efhmd.medem.com/Howell> 03-06-2007~~~~