Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PATIENT EDUCATION

Temazepam

Restoril / Generic capsules

A guide for adults taking temazepam.
Follow the directions on your prescription and your provider's recommendations.

TAKE RIGHT BEFORE BED | ALLOW A FULL 7–8 HOURS FOR SLEEP

Formulations: Oral capsules are taken at bedtime. The prescribed duration and stopping plan are as important as the dose.

What it is used for

Temazepam treats short-term insomnia. Persistent sleep difficulty needs reassessment and a longer-term plan, often including CBT-I.

How it works

It enhances the calming effect of GABA. This can help sleep while also impairing memory, coordination, judgment, and breathing.

What to expect over time

Sleep may improve with the first doses. Review insomnia that persists after seven to ten days and any daytime sedation. Do not increase the dose because benefit seems weaker.

Taking your medication

- Take only when ready for bed with seven to eight hours available for sleep.
- Skip a missed bedtime dose; do not take it late or double the next dose.
- Avoid alcohol and unreviewed sleeping medicines.
- Consult with your provider before stopping regular use.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

TEMAZEPAM / 02

Side effects and safety

Possible side effects

- Sleepiness, slowed reactions, or fatigue
- Dizziness, poor balance, or falls
- Memory problems or difficulty concentrating

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Watch for daytime sedation, falls, memory changes, and breathing problems. Older adults and people taking other sedatives may be more sensitive.

Physical dependence can develop with regular use. Sudden stopping or a rapid reduction can cause severe withdrawal, including seizures. Dependence is different from addiction, but misuse and addiction are also possible.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss sleep apnea, lung disease, liver or kidney disease, glaucoma, falls, and any history of substance use problems. Tell your provider about all opioids and other sedatives.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Combining a benzodiazepine with an opioid can cause profound sedation, slowed breathing, coma, or death. Use such combinations only under a specifically reviewed treatment plan.

Avoid alcohol. Sleeping pills, sedating antihistamines, muscle relaxants, and other sedatives can increase impairment and breathing risks.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

TEMAZEPAM / 03

Living with your treatment

When to get help

Emergency symptoms. Call 911 for slow or difficult breathing, inability to wake, collapse, or a seizure. Severe confusion or hallucinations after reducing or stopping may be dangerous withdrawal.

Prompt medical advice. Contact your provider immediately after sleep-driving, sleepwalking, or activities you cannot remember; obtain instructions before another dose, including withdrawal precautions. Report falls or worsening mood.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can I stop after taking it regularly?
Consult with your provider before reducing or stopping. A gradual, individualized taper helps limit withdrawal. Do not borrow medication or change the schedule to manage withdrawal yourself.

What if I feel unusually agitated?
Some people develop disinhibition, irritability, or agitation. Contact your provider rather than taking an extra dose.

Everyday tips

Keep a consistent wake-up time and brief sleep diary.

Do not drive when impaired, even after a full night in bed.

Arrange a stopping plan before running out.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

Official prescribing information: temazepam

MedlinePlus: temazepam

Educational handout; does not replace your prescription or provider's recommendations.