

Insomnia

[Taped-awake-insomniac](#)

Short-acting benzodiazepines, particularly triazolam, may be indicated for some patients with insomnia. They are typically not used until other medications have failed, due to their high risk side effect profile.

Anxiety

[Anxiety-bag](#)

Sometimes, short-acting benzodiazepines can be helpful for some patients with anxiety disorders. They are typically not used until other medications have failed, due to their high risk side effect profile.

Considerations

Half-life < 12 Hours

[Half-life- Less-than \(12\) Dozen](#)

The half-life of these drugs is less than 12 hours with onset of action within approximately 15 minutes. They also undergo metabolism via the hepatic cytochrome P450 3A4 isoform (except for oxazepam).

Dependence

[Dependence Ball-and-chain](#)

Short-acting benzodiazepines have a high potential for dependence, misuse, and addiction. This is because some patients enjoy the anxiolytic and potentially euphoric effects these medications can have, and long-term use induces dependence in the CNS. If a long-term user stops taking their medication, they may enter withdrawal with symptoms including autonomic hyperactivity (sweating, agitation, tremors), psychosis, and seizures. Several management strategies can be employed in patients with benzodiazepine dependence including slow taper of long-acting benzodiazepines, psychotherapy, and seizure prophylaxis.