

REM Behaviour Disorder - Treatments, half-lives and side-effects

Drug	Starting dose	MAX recommended dosing	Time to therapeutic effect	Half-life	Side-effects
Melatonin M/R	2 mg (3 hours before bedtime)	16mg (3 hours before bedtime)	0.75 hours	3.5-4 hours	Headache, tired/sleepy, indigestion, nausea, GI upset, reduced body temperature, night sweats, dry or itchy skin.
Clonazepam	0.25mg at night	2mg at night	1-4 hours	20-60 hours	Sleepy, weak, light-headedness, unsteadiness, poor co-ordination, unusual eye movements, poor concentration, forgetful, confusion, dyspnoea.
Zopiclone	3.75 mg at night	15mg at night	At first dose	6 hours	Taste disturbance, nausea, vomiting, dizziness, dry mouth, headache, hallucination, dependence.
Pramiprexole	0.088 mg at night	0.54mg at night	4-10 days	8-12 hours	Nausea, hypotension, dizziness, headache, nasal congestion
Rotigotine patch	1 mg daily	3mg daily	1 week	5-7 hours	Skin irritation, nausea, low blood pressure, dizziness, and headache.

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Sodium Oxybate	2.25g BD (first dose at bedtime then second dose 3 hours later)	4.5g BD (first dose at bedtime then second dose 3 hours later)	0.5-1 hour	6-8 hours	Sleep walking, bed wetting, nausea, electrolyte imbalance, decreased weight, blurred vision, sleepiness/drowsiness, tremor, slow/troubled breathing, changes in alertness.
Agomelatine	25mg (one hour before bedtime)	50mg (one hour before bedtime)	At first dose	1-2 hours	NB** - dark urine, light coloured stools, jaundice (signs of liver impairment). NB** - mood or behaviour changes. Headache, dizziness, sleepy, nausea, diarrhoea, constipation, GI upset, sleep disturbances, anxiety, increased sweating, back pain.
Donepezil	5mg at night	10mg at night	3-4 hours	70 hours	Headache, nausea, vomiting, diarrhoea, GI upset, sleep disturbances, common cold, agitation, aggression, hallucinations, muscle cramps, pruritus and urinary incontinence.