

Appendix. List of sleep-inducing drugs and their classification as PIM.

Benzodiazepines*	PIM**
Lormetazepam	> 0.5 mg/day
Lorazepam	> 2 mg/day
Oxazepam	> 60 mg/day
Diazepam	Always
Temazepam	Always
Z-Drugs	
Zopiclone	> 3.75mg/day
Zolpidem	> 5mg/day
Neuroleptics/anti-psychotics*	
Melperone	Never
Quetiapine	Never
Prothipendyl	Never
Promethazine	Never
Haloperidol	> 2mg/day
Risperidone	Never
Anti-depressants*	
Mirtazapine	Never
Amitriptyline	Always
Doxepin	Always
Other sleep-inducing drugs	
Valerian	Never

* In very few cases, other benzodiazepines, anti-psychotics and anti-depressants than those listed here were prescribed.

** Potentially inappropriate medication (PIM) for elderly people according to the PRISCUS list. Some drugs are never classified as PIM (e.g. melperone), other drugs are always classified as PIM (e.g. diazepam) and other drugs are classified as PIM only after exceeding a cumulative daily dosage (e.g. lormetazepam > 0.5 mg/day).