

## MEDLINE Abstract

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### **The effect of triazolam on arousal and respiration in central sleep apnea patients.**

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It was hypothesized that triazolam might decrease central apneas associated with arousal periods in patients with central sleep apnea by hastening the onset of consolidated sleep. Five male patients, diagnosed as having central sleep apnea on a screening night, participated in a double-blind randomized crossover study of the effect of placebo, 0.125 mg triazolam, and 0.25 mg triazolam on sleep, respiration, and daytime function. Results indicated that the medication increased total sleep and decreased central apnea index and number of brief arousals. Improved sleep quality was reflected in improved daytime psychomotor performance and alertness. These data, if replicated, imply that benzodiazepine use may be beneficial in patients with central sleep apnea.

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