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Sleep difficulties can affect much more than the hours spent in bed. When a person repeatedly struggles to fall asleep or remain asleep, the effects may appear during the day as tiredness, difficulty concentrating, reduced alertness, and changes in mood. Insomnia can develop for many different reasons, so treatment often begins with understanding what is interfering with normal sleep.

For some people with insomnia, a healthcare professional may consider prescription medication. **Order Restoril Online**, the brand name for temazepam, is one prescription medicine used to treat insomnia. Temazepam belongs to a group of medicines called benzodiazepines and works by slowing activity in the brain to help promote sleep.

What Is Restoril?

[Restoril generic](#) contains temazepam, a prescription benzodiazepine used for insomnia involving difficulty falling asleep or staying asleep. It is supplied as a capsule and is generally taken at bedtime when prescribed.

Because temazepam affects the central nervous system, it can produce sleepiness and reduced alertness. For this reason, it should only be taken according to the directions provided by a healthcare professional.

Restoril is also a controlled substance. The FDA labeling identifies it as a Schedule IV controlled substance and notes that benzodiazepines have potential for abuse, misuse, addiction, physical dependence, and withdrawal.

Understanding Insomnia

Insomnia is a common sleep disorder. A person may have difficulty falling asleep, staying asleep, or waking too early and being unable to return to sleep.

Short-term insomnia can occur during periods of stress, changes in routine, travel, illness, or other temporary circumstances. Long-term insomnia may be connected with medical conditions, medications, mental health concerns, sleep disorders, caffeine, alcohol, or lifestyle habits.

Identifying these factors is important because treating the underlying cause may improve sleep without relying entirely on medication.

How Does Temazepam Work?

Temazepam works by slowing certain activity in the brain. This produces a calming and sedating effect that can help a person sleep.

When prescribed for insomnia, temazepam is generally taken at bedtime. MedlinePlus advises taking the medicine exactly as directed and planning to go to bed immediately afterward. Patients should have **7 to 8 hours available for sleep** after taking it.

[Buy restoril online](#) when there is not enough time for sleep may increase the possibility of unwanted effects, including memory problems and next-day impairment.

Who May Receive Restoril?

A healthcare professional may consider temazepam for someone whose insomnia is interfering with normal sleep and daily life.

Before prescribing it, a doctor may review the person's medical history, current medications, breathing problems, mental health history, alcohol or drug use, pregnancy status, and other relevant factors.

Older adults may require additional consideration because sedating medicines can increase the risk of daytime drowsiness and falls. MedlinePlus recommends discussing the risks and benefits with a healthcare professional, with lower doses generally used for older adults.

Common Side Effects

Temazepam can cause unwanted effects. Commonly reported effects include:

- Drowsiness
- Dizziness
- Feeling groggy the following day
- Reduced alertness
- Problems with coordination or balance
- Memory difficulties

Daytime sleepiness can be particularly important for people who drive, operate machinery, or perform tasks requiring concentration.

Patients should avoid driving or operating machinery until they understand how temazepam affects them.

Alcohol and Other Medicines

Alcohol can increase the sedative effects of temazepam and may make side effects worse.

Certain other medicines can create more serious risks when combined with temazepam. In particular, some medications used for pain or cough can increase the risk of severe sedation, breathing problems, or coma.

Patients should therefore tell their doctor and pharmacist about every prescription medicine, over-the-counter product, vitamin, supplement, and herbal product they use.

Dependence and Withdrawal

Temazepam should never be taken in larger amounts or for longer than prescribed.

Benzodiazepines can lead to physical dependence. If a person has been taking temazepam regularly, suddenly stopping it or significantly reducing the dose can cause withdrawal symptoms. These can sometimes be serious and may include seizures.

Anyone who wants to stop taking Restoril should discuss the decision with a healthcare professional. A medically supervised reduction may be appropriate depending on the person's circumstances.

Improving Sleep Beyond Medication

Prescription medication may be one part of insomnia treatment, but healthy sleep habits can also be valuable.

A consistent sleep schedule, a comfortable bedroom, reduced caffeine consumption later in the day, and limiting stimulating activities before bedtime can support better sleep.

For ongoing insomnia, behavioral treatment can also be considered. MedlinePlus notes that lifestyle and behavioral approaches are important components of managing sleep problems.

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