

Halcion (triazolam) basics

Helps you stay asleep. Halcion (triazolam) can be used to help you fall asleep, but your body can become used to it very quickly.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
Halcion (triazolam) Drug effectiveness					
Possible side effects†					
Tolerance					
Higher anxiety					
Drowsiness/Hangover effect					

† Data on frequency of side effects is not available.

Tips from pharmacists

- Take Halcion (triazolam) on an empty stomach; otherwise, it won't work as well.
- Don't drink alcohol while taking Halcion (triazolam) since it can slow your breathing.
- You should only use Halcion (triazolam) for 7 to 10 days. If it doesn't help you sleep, talk to your doctor.
- You might have a hangover-like feeling the next day after taking Halcion (triazolam). Be careful driving or doing anything requiring concentration until you know how your body reacts to it.
- Only take Halcion (triazolam) if you know you're going to bed right away.

Risks and warnings

Contact your doctor if you experience any of these.

Tolerance and addiction

Halcion (triazolam) becomes less effective after using it for more than 10 days. Your body can also start depending on it, and it can be dangerous if you stop it suddenly. Talk to your doctor if your sleep hasn't gotten better after using it for 7 to 10 days.

Behavior changes

Taking drugs like Halcion (triazolam) have caused people to have behavior changes, especially if it hasn't helped them fall asleep after taking it for 7 days. This can include "sleep driving" and other behaviors that happen while you are asleep that you don't remember. You can also have more anxiety during the day. Talk to your doctor to see if there are other issues that are stopping you from sleeping.

Hangover effect

People taking Halcion (triazolam) might feel a hangover effect the next day, which can make it difficult to drive or do other things requiring concentration. It is more likely if you're age 65 or older. Talk to your doctor if this bothers you.