



Helping your customers sleep better:

Choosing the right sleep aid

Active Ingredient Sominex: Promethazine hydrochloride 20 mg

Who can use it? Ages 16+

Posology Tablets to be taken orally. Not to be used for more than 7 days without medical advice.

Dosing regimen in adults	One tablet at bedtime. May be taken up to one hour after going to bed when sleep is difficult to achieve.
Dosing regimen in children	Not to be given to children under the age of 16 years except on medical advice.
Dosing regimen in the elderly	The normal adult dose may be taken.

Time to take effect Around 20 minutes.

Duration of effect based on SmPC After oral therapy therapeutic effects are identifiable at 15-30 minutes and peak plasma concentrations at 2 to 3 hours. Estimates of terminal half-life in blood plasma have been quoted as 4-6 hours.

Duration of effect based on literature **Up to 12 hours.**
May help customers get through the night with one tablet.

Diphenhydramine Hydrochloride 50 mg

Ages 16+

Tablets to be taken orally. This medication should not be used continuously for more than 2 weeks without consulting a doctor.

Dosing regimen in adults	One tablet to be taken 20 minutes before going to bed, or as directed by a physician. Do not exceed the stated dose or frequency of dosing.
Dosing regimen in children	Do not use in children under 16 years.
Dosing regimen in the elderly	Use with caution in the elderly, who are more likely to experience side-effects. Avoid use in elderly patients with confusion.

Around 20-30 minutes.

Peak plasma concentrations are attained within 1-4 hours. The sedative effect also appears to be maximal within 1-3 hours after administration of a single dose.

It should work for around 4-6 hours.

Efficacy	Promethazine hydrochloride	Diphenhydramine hydrochloride
	Promethazine is a drowsy (sedating) antihistamine which blocks the effects of histamine in the brain. ^{1/3}	Diphenhydramine is a drowsy (sedating) antihistamine which blocks the effects of histamine in the brain. ^{1/3}
	Promethazine enters the brain in large quantities and has a sedating effect. ^{1/3}	Diphenhydramine enters the brain in large quantities and has a sedating effect. ^{1/3}
	Promethazine also blocks dopamine ¹ , a hormone and neurotransmitter understood to have a function in controlling sleep regulation. ²	Diphenhydramine starts to work in around 20-30 minutes and can last up to four to six hours.
	Promethazine starts to work in around 20 minutes and its effects may last up to 12 hours. ¹	

Essential Product Information

Sominex (Promethazine). Product Authorisation Holder: Dexcel®-Pharma Ltd, 2nd Floor, Bourn, 1 Manor House Drive, Coventry, CV12FX, UK. Legal classification: P. Ingredients: Promethazine hydrochloride EP 20mg/ta. Indications: Night time sleep aid. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://www.medicines.org.uk/emc/product/15888/smpc>.

References ¹ <https://www.nhs.uk/medicines/promethazine/> ² <https://www.eurekalert.org/news-releases/773506> ³ <https://www.nhs.uk/medicines/diphenhydramine/>

Understand your customer using the WWHAM protocol:

- W:** Who is the patient?
- W:** What is the nature of their sleep problem?
- H:** How long have they been experiencing sleep problems?
- A:** Action taken?
- M:** Medication? Is the patient taking any other medications, prescriptions or OTC?

Look out for customers who have recurring sleep disturbances, work night shifts or have trouble going to sleep and staying asleep.



Night-time sleep aid for the correction of temporary disturbances of sleep pattern.

Contains Promethazine Hydrochloride



Scan QR code to find out more