

Ramelteon: At a Glance	
FDA indications	Primary insomnia
Advantages	Safety in elderly, lack of tolerance or abuse
Other uses	Possible benefits in delirium and bipolar depression
Dosage	8 mg nightly or prn
Side effects	Next-day fatigue, headache, nausea
Interactions	Avoid with CYP1A2 inhibitors, like fluvoxamine, which raise ramelteon levels (inducers, like smoking, lower levels); high-fat meals delay its onset by 1 hour
Contraindications	None
Cost	\$2–3/tab (expected to drop over next year)

From the Article:
“Is Ramelteon an Effective Hypnotic?”
 by **Randall Moore, MD**
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