

## Benzodiazepines: Factsheet



### Evidence ratings:

This resource has undergone expert review. See our [Help/Q&A section](#) for more details.

**Year:** Year 9–10, Year 11–12

**Targeted Drugs:** Benzodiazepines

**Tags:** Prescription Medication, "Benzos", sleeping tablets, sleeping pills, downers

**Time Allocated:** Partial lesson (under 45mins)

**Origin:** Australian

**Cost:**

Free

### Attachments

[Download Benzodiazepines: Detailed Resource \(for Parents/Teachers\)](#)

## What are Benzodiazepines?

**Benzodiazepines are also known as benzos, downers, sleeping tablets or sleeping pills.**

Benzodiazepines are medications that may be prescribed for problems such as insomnia (being unable to sleep) or anxiety. They are usually prescribed in a tablet or capsule form and the most common is diazepam (Valium). Others include alprazolam (Xanax), and oxazepam (Serepax). If used as prescribed by doctors, benzodiazepines can be effective medications. However, there are risks, particularly if they're not used properly, or are used regularly (e.g. daily) for more than a few weeks.

**Obtaining benzodiazepines without a prescription is illegal.**

## What are the effects of Benzodiazepines?

Once swallowed, benzodiazepines usually take about half an hour to start taking effect. The length of time the effects last for varies.

The effects of benzodiazepines can be immediate or long-term, as listed in the table below.

### Immediate

- Decreased heart rate
- Drowsiness and sedation
- Shallow breathing
- A feeling of calmness
- Confusion
- Loss of balance and coordination
- Dizziness
- Slurred speech
- Blurred vision
- Blackouts
- Overdose

### Long-term

- Dependence (addiction)
- For people who are dependent on this drug, suddenly stopping use can cause fatal seizures. People wishing to stop should seek advice from their GP

## Evidence Base

This factsheet was developed following expert review by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, the National Drug & Alcohol Research Centre at the University of New South Wales, and the National Drug Research Institute at Curtin University.

**Download attachment** for more information and a list of sources.

Page last reviewed: 1 November 2019.