



## INFORMATION BULLETIN 26/2007

<b>SUBJECT</b>	<b>: SLEEP MEDICATIONS &amp; DIETARY SUPPLEMENTS</b>
<b>ORIGINATOR</b>	<b>: LICENSING AND AEROMEDICAL SECTION</b>
<b>STATUS</b>	<b>: MANDATORY</b>
<b>ADDRESSED TO</b>	<b>: ALL OPERATORS/AEROMEDICAL EXAMINERS</b>
<b>DATE</b>	<b>: 01<sup>ST</sup> OCTOBER 2007</b>

Please be informed that in general the sleep medications are not compatible with flying/or controlling duties, but because there may be occasions under operational conditions when it may be useful to prescribe a short-acting sedatives to facilitate sleep during a limited stop-over in long-haul transport operations. The GCAA currently recommend the drug Temazepam (Restoril) for this purpose, provided the Department of Health has no objection.

The GCAA in order to control the use of hypnotics among the crew members and/or ATC and also to prevent its misuse of this medication, recommends the following;

1. The AME should not encourage the crew member who is complaining of sleep problems or jet-lag to use medication before trying the non-medical remedies.

A handwritten signature in blue ink, appearing to be a stylized 'S' or similar character.

2. The AME should recommend the non-medical remedies such as no caffeine, no alcohol, no smoking and exercise prior to bed-time, silence, darkness, fresh air and lower temperature in bed room, relaxation technique, etc.
3. If the above measures failed, the AME can prescribe the medication Temazepam, and in this case the drug needs to be ground tested first (by taking it on a day when not schedule to operate the following day) to ensure no adverse side effects are experienced.
4. Temazepam should be used on temporary basis to assist sleep pattern during transient insomnia due to extraneous factors such as shift works, or jet lag during a limited stop over in long-haul transport operation to facilitate sleeping onset.
5. The dose should be kept to a minimum. (recommended dose for Temazepam shall not exceed 10-20 mg.)
6. The AME should explain to the crew members and/or ATC that this drug should not be combined with alcohol and some other medications.
7. The crew member and/or ATC that is using this tablet should not fly or control the aircraft for at least 12 hours after the ingestion of the tablet.
8. The AME should explain to the crew and/or ATC that any misuse of the drug, i.e. higher dose than the recommended one, or using it within 12 hours of the flight commencement may jeopardize the flight safety as it decrease performance. Also, in case of random drug testing, the AEM should explain if the tablet is consumed before 12 hours, the drug level in the urine will not exceed the cutoff level of Temazepam set by the laboratory.

9. If the crew member needs the drug more frequently than it is recommended, or using higher doses, he/she should be assessed by psychiatrist for possible misuse or abuse.

Best regards,



**MOHAMED GHANIM AL GHAITH**  
**DIRECTOR GENERAL**