**Table S2.** Dosage and pricing of available hypnotics

|  |  |  |  |
| --- | --- | --- | --- |
| **Generic name** | **Dose** | **Introduction** | **Drug priceA** |
| Benzodiazepine |
| Brotizolam | 0.25 mg/day | September 1988 | 19.30 yen |
| Estazolam | 1–4 mg/day | December 1975 | 23.40 yen |
| Flunitrazepam | 0.5–2 mg/dayB | March 1984 | 12.90 yen |
| Flurazepam | 10–30 mg/day | October 1975 | 9.20 yen |
| Haloxazolam | 5–10 mg/day | January 1981 | 23.90 yen |
| Lormetazepam | 1–2 mg/day | August 1990 | 34.00 yen |
| Nitrazepam | 5–10 mg/day | March 1967 | 14.60 yen |
| Quazepam | 20–30 mg/day | November 1999 | 146.80 yen |
| Rilmazafone | 1–2 mg/day | June 1989 | 23.30 yen |
| Triazolam | 0.125–0.5 mg/dayC | April 1983 | 23.40 yen |
|  |  |  |  |
| Non-benzodiazepine |
| Eszopiclone | 1–3 mg/dayD | April 2012 | 91.20 yen |
| Zolpidem | 5–10 mg/day | December 2000 | 50.30 yen |
| Zopiclone | 7.5–10 mg/day | June 1989 | 17.00 yen |
|  |  |  |  |
| Melatonin receptor agonist |
| MelatoninE | 1–4 mg/day | June 2020 | 415.60 yen |
| Ramelteon | 8 mg/day | July 2010 | 86.20 yen |
|  |  |  |  |
| Orexin receptor antagonist |
| Lemborexant | 5–10 mg/day | July 2020 | 136.20 yen |
| Suvorexant | 15–20 mg/dayF | November 2014 | 109.90 yen |

Note: ADaily drug prices are shown for the maximum dose when the study was conducted. BElderly patients should be limited to a maximum of 1 mg/day. CElderly patients should be limited to a maximum of 0.25 mg/day. DElderly patients should be limited to a maximum of 2 mg/day. EInsurance coverage is available for difficulty falling asleep associated with childhood neurodevelopmental disorders. FElderly patients should be limited to a maximum of 15 mg/day