CLAIMS

1. A controlled-release formulation, comprising compounds for aiding sleep, which compounds are an antihistamine, a benzodiazepine and a non-benzodiazepine sedative, wherein the formulation is formulated for a first stage immediate release of an antihistamine, a second stage release of a benzodiazepine that starts 2-3 hours after initiation of the first stage, and a third stage release of a non-benzodiazepine sedative that starts 2-3 hours after initiation of the second stage.

2. The formulation of claim 1, wherein the antihistamine is diphenhydramine HCl, the benzodiazepine is zolpidem tartrate, and the non-benzodiazepine sedative is lorazepam.

3. The formulation of any of claims 1 or 2, wherein the formulation contains diphenhydramine HCl, zolpidem tartrate, and lorazepam as the only three active compounds.

4. The formulation of any of claims 1-3, wherein the formulation contains 0.01 mg to 100 mg of each of the compounds.

5. A controlled-release formulation, comprising compounds for aiding sleep, which compounds are diphenhydramine HCl, zolpidem tartrate, and lorazepam, as the only active ingredients, wherein the formulation is formulated for releasing each compound at a specific time and a specific dose in a subject after the formulation is administered to the subject.

6. The formulation of claim 4 or 5, wherein the formulation contains 50 mg of diphenhydramine HCl, 5 mg of zolpidem tartrate, and 0.5 mg of lorazepam.

7. The formulation of any of claims 1-6, wherein the formulation is a tablet or capsule for oral administration.

8. The formulation of claim 7, wherein the formulation is a multi-layered or multi-cored tablet.

9. The formulation of claim 6, wherein the formulation is a tablet or capsule that contains a plurality of particles, each particle including a drug core and a polymeric composition encapsulating the core, wherein the drug core contains zolpidem tartrate or lorazepam.

10. The formulation of claim 9, wherein the polymeric composition includes a polymethacrylate.

11. The formulation of claim 9 or 10, wherein the drug core containing zolpidem tartrate is encapsulated by a first polymeric composition and the drug core containing lorazepam is encapsulated by a second polymeric composition, the first polymeric composition having a dissolution pH of above 5.5 and the second polymeric composition having a dissolution pH of above 6 or 6.5.

12. The formulation of any of claims 1-11 for use in treating disturbed sleep or insomnia in a subject in need thereof.