

Common Medicines and How They Impact Sleep

Name & Class	Effects & Impact
Alpha-adrenergic blocking agents (e.g., Cardura, Minipress)	Treats blood pressure or prostate problems and have been linked to decreased REM sleep
Anti-convulsants (e.g., Clonazepam, Gabapentin)	Treats epilepsy (seizures) and can negatively impact the sleep-wake cycle
Antidepressants (e.g., Celexa, Prozac)	Impacts serotonin, dopamine, and norepinephrine, which can worsen sleep in some people
Anti-diarrhea agents (e.g., Imodium)	Can slow muscle contractions in the gastrointestinal system and commonly causes drowsiness
Anti-emetics (e.g., Phenergan, Zofran)	Anti-nausea drugs can cause dizziness or drowsiness
Antihistamines (e.g., Benadryl)	Can cause drowsiness and sometimes used as sleep aids
Antipsychotics (e.g., Seroquel)	Treats mental health disorders, like schizophrenia and bipolar disorder, but has sedating effects
Anti-tussives (e.g., Codeine, Dextromethorphan)	Cough suppressants can result in sedation and drowsiness
Benzodiazepines and sedative-hypnotics (e.g., Valium, Xanax)	Can be calming but not good for treating insomnia due to daytime drowsiness and memory issues
Beta-adrenergic blocking agents (e.g., Metoprolol, Propranolol)	Can affect melatonin levels, impacting sleep-wake cycle
Decongestants (e.g., Phenylephrine, Pseudoephedrine)	Can cause heart palpitations and anxiety, affecting the quantity or quality of sleep
Diuretics (e.g., Lasix, Spironolactone)	Can lead to frequent nighttime urination
Nicotine (e.g., cigarettes, cigars, patches, gum)	Can cause insomnia, increasing sleep onset time and daytime sleepiness
Supplements (e.g., St. John's wort)	Can increase REM sleep
Marijuana and cannabidiol (CBD)	Can improve sleep quality and reduce the use of prescription sleep medications but may also lead to less time spent in REM sleep, so moderation and guidance from a health professional is important