

Medications Known to Cause Sleepiness

- Antiepileptics
 - ❖ Anticonvulsant drug; to include Gabapentin, Keppra, Lyrica, Zonegran, Topamax)
- Muscle relaxants
 - ❖ Drugs used to relax muscles, ease pain and reduce stiffness; to include Flexeril, Robaxin, Soma, Baclofen
- Antihistamines
 - ❖ Particularly Benadryl, Chlorpheniramine maleate, Doxylamine succinate, Periactin, Vistaril
- Opiates
 - ❖ Drug with dulling effect; to include Morphine and Ultram
- Sedative hypnotics or benzodiazepines
 - ❖ Drug with minor tranquilizing effect; to include Ambien and Clonazepam
- Antidepressants
 - ❖ Tricyclic, Amitriptyline, Nortriptyline, Doxepin, Trazadone, Remeron, Paxil, Lithium, etc.
- Beta blockers
 - ❖ Drugs used to treat hypertension, heart attack, anxiety, glaucoma, etc; to include Propranolol
- Clonidine
 - ❖ Drug used to treat hypertension
- Chantix or Varenicline
 - ❖ Smoking cessation drug
- Anti-emetics
 - ❖ Drug used to treat nausea, vomiting, motion sickness; to include Phenergan, Compazine, Marinol, Antivert, and Meclizine
- Antipsychotic medications
 - ❖ Drugs used to manage psychosis; to include Haloperidol, Seroquel, Abilify, and Zyprexa
- Restless leg medications
 - ❖ Drugs used to quiet leg movement; to include Ropinirole and Pramipexole
- OTC herbal remedies
 - ❖ Valerian root extract, tryptophan, L-theanine melatonin, Kava, etc.
- Stimulants with insomnia side effects; to include decongestants, nicotine, etc.
- Alcohol

