

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 **Ultram**
- Sedative hypnotics or Benzodiazepines
 - ❖ Drug with minor tranquilizing effect; to include **Ambien** and Clonazepam
- Antidepressants
 - ❖ Tricyclic, Amitriptyline, Nortriptyline, Doxepin, **Trazadone**, **Remeron**, **Paxil**, and Lithium
- Beta blockers
 - ❖ Drugs used to treat hypertension, heart attack, anxiety, glaucoma etc.; particularly Propranolol
- Clonidine
 - ❖ Drug used to treat hypertension
- 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.
- Alcohol

