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Medications that can affect sleep

A number of drugs disrupt sleep, while others can cause daytime drowsiness. Your clinician may be able to suggest alternatives.

Medication	Used to treat	Examples	Possible effects on sleep/daytime function
Anti-arrhythmics	Heart rhythm problems	procainamide (Procanbid), quinidine (Cardioquin), disopyramide (Norpace)	Nighttime sleep difficulties, daytime fatigue
Beta blockers	High blood pressure, heart rhythm problems, angina	atenolol (Tenormin), metoprolol (Lopressor), propranolol (Inderal)	Insomnia, nighttime awakenings, nightmares
Clonidine	High blood pressure; sometimes prescribed off-label for alcohol withdrawal or smoking cessation	clonidine (Catapres)	Daytime drowsiness and fatigue, disrupted REM sleep; less commonly, restlessness, early morning awakening, nightmares
Corticosteroids	Inflammation, asthma	prednisone (Sterapred, others)	Daytime jitters, insomnia
Diuretics	High blood pressure	chlorothiazide (Diuril), chlorthalidone (Hygroton), hydrochlorothiazide (Esidrix, HydroDIURIL, others)	Increased nighttime urination, painful calf cramps during sleep
Medications containing alcohol	Cough, cold, and flu	Coricidin HBP, Nyquil Cough, Theraflu Warming Relief	Suppressed REM sleep, disrupted nighttime sleep

Medications containing caffeine	Decreased alertness	NoDoz, Vivarin, Caffedrine	Wakefulness that may last up to six to seven hours
	Headaches and other pain	Anacin, Excedrin, Midol	
Nicotine replacement products	Smoking	nicotine patches (Nicoderm), gum (Nicorette), nasal spray or inhalers (Nicotrol), and lozenges (Commit)	Insomnia, disturbing dreams
Sedating antihistamines*	Cold and allergy symptoms	diphenhydramine (Benadryl), chlorpheniramine (Chlor-Trimeton)	Drowsiness
	Motion sickness	dimenhydrinate (Dramamine)	
Selective serotonin reuptake inhibitors (SSRIs)	Depression, anxiety	fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil)	Decreased REM sleep, daytime fatigue
Sympathomimetic stimulants	Attention deficit disorder	dextroamphetamine (Dexedrine), methamphetamine (Desoxyn), methylphenidate (Ritalin)	Difficulty falling asleep, decreased REM and non-REM deep sleep
Theophylline	Asthma	theophylline (Slo-bid, Theo-Dur, others)	Wakefulness similar to that caused by caffeine
Thyroid hormone	Hypothyroidism	levothyroxine (Levoxyl, Synthroid, others)	Sleeping difficulties (at higher doses)
*These medications are also found in over-the-counter sleep aids.			

Source:

https://www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/2010/July/medications-that-can-affect-sleep

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