

Medications known to cause sleepiness

Antiepileptics (Gabapentin, **Keppra**, Lyrica, **Zonegran**, Topamax)

Muscle relaxants (**Flexeril**, **Robaxin**, **Soma**, **Baclofen**)

Antihistamines – (particularly 1st generation such as Benadryl, **Chlorpheniramine maleate**, **Doxylamine succinate**, **Periactin**, **Vistaril**)

Opiates, including **Ultram**

Sedative hypnotics (Benzodiazepines, **including Ambien**, Clonazepam)

Tricyclic and other antidepressants (Amitriptyline, Nortriptyline, Doxepin, **Trazadone**, **Remeron**, **Paxil**, Lithium)

Beta blockers – (particularly Propranolol)

Alcohol

Chantix

Anti-emetics (Phenergan, **Compazine**, **Marinol Antivert Meclizine**)

Antipsychotic medications (Haloperidol, Seroquel, **Abilify**, **Zyprexa**)

Restless legs medications (Ropinirole Pramipexole)

OTC herbal preparations (Valerian root extract, tryptophan, L-theanine melatonin, Kava)

Stimulants with consequent complaints of insomnia, including decongestants, nicotine

Clonidine