

SleepCaptions

Drugs & Sleep

Drugs That Promote Wakefulness:

A wakefulness-promoting drug improves alertness, thereby reducing the need for sleep at inappropriate times. Drugs that promote wakefulness are most often used to treat hypersomnias such as Narcolepsy and Idiopathic Hypersomnia. Traditionally, amphetamine-type stimulants were used to treat daytime sleepiness by acting on the entire nervous system. They still are used in some cases. In recent years the analeptic drug modafinil has successfully promoted wakefulness in a more precise manner.

Modafinil: an analeptic drug
TRADE NAMES: Provigil, Nuvigil
DISORDERS TREATED: Narcolepsy, Idiopathic Hypersomnia, Obstructive Sleep Apnea

Methylpheniate: an amphetamine drug
TRADE NAMES: Ritalin, Concerta, Metadate, MethylN, Daytrana (transdermal patch)
DISORDERS TREATED: Narcolepsy, Idiopathic Hypersomnia

Dextroamphetamine Sulfate: a powerful amphetamine
TRADE NAMES: Dexedrine, Dexedrine SR, Dextrostat
DISORDERS TREATED: Narcolepsy, Idiopathic Hypersomnia

Methamphetamine HCL: a powerful amphetamine
TRADE NAMES: Dexosyn
DISORDERS TREATED: Narcolepsy, Idiopathic Hypersomnia

Drugs That Treat Cataplexy:

Cataplexy, a hallmark feature of Narcolepsy, is characterized by episodic losses of muscle tone for a few seconds to several minutes or more. Cataplexy involves the intrusion of REM or dream sleep into wakefulness. Drugs that treat cataplexy include certain antidepressants or nervous system depressants that suppress REM sleep.

Selective Serotonin Reuptake Inhibitors (SSRIs) and Norepinephrine Reuptake Inhibitors (SNRIs): a classification of antidepressant drugs
SPECIFIC DRUGS: atomoxetine (Strattera), fluoxetine (Prozac, Sarafem), venlafaxine (Effexor)
DISORDERS TREATED: Cataplexy associated with Narcolepsy

Tricyclic Antidepressants: an "older" type of antidepressant
SPECIFIC DRUGS: protryptiline (Vivactyl), imipramine (Tofranil)
DISORDERS TREATED: Cataplexy associated with narcolepsy



Do I Have A Drug-Related Sleep Problem?

My sleep problems began after I began using medication.

My sleep improves or declines according to whether I am taking medication.

My medication is known to cause sleep disturbance or daytime sleepiness.

I regularly use alcohol and/or caffeine, especially in the evening. I use recreational drugs during the daytime or at night.

SleepCaptions

Drugs & Sleep (Continued.)

Drugs That Promote Sleep or Muscle Relaxation:

A sleep-promoting drug reduces alertness, making it easier to sleep at appropriate times. Drugs that induce relaxation are used to treat insomnia or any disorder that prevents sleep. Psychophysiological Insomnia and Restless Legs Syndrome are examples of sleep disorders that interfere with sleep. A hypnotic/sedative is a type of drug that acts on the central nervous system to increase drowsiness. A tranquilizer makes a person more relaxed but will not necessarily cause sleepiness. Other drugs promote sleep by affecting brain chemicals such as dopamine.

Clonazepam: a sedative/hypnotic drug
TRADE NAMES: Cebercion, Klonopin, Klonopin Wafer, Valpax
DISORDERS TREATED: Restless Legs Syndrome, REM Sleep Behavior Disorder, Insomnia related to severe panic attacks

Eszopiclone: a sedative/hypnotic drug
TRADE NAMES: Lunesta
DISORDERS TREATED: Restless Legs Syndrome, severe insomnia

Pramipexole: a sleep-promoting drug that affects dopamine levels
TRADE NAMES: Mirapex
DISORDERS TREATED: Restless Legs Syndrome

Ramelteon: a new class of sleep-promoting drug that affects different brain chemicals than traditional sedative/hypnotics
TRADE NAMES: Rozerem
DISORDERS TREATED: Insomnia, Delayed Sleep Phase Syndrome

Ropinirole: a sleep-promoting drug that affects dopamine levels
TRADE NAMES: Requip
DISORDERS TREATED: Restless Legs Syndrome

Zaleplon: a hypnotic drug
TRADE NAMES: Sonata
DISORDERS TREATED: Idiopathic Insomnia, Psychophysiological Insomnia

Zolpidem: a sedative/hypnotic drug
TRADE NAMES: Ambien, Ambien CR
DISORDERS TREATED: Idiopathic Insomnia, Psychophysiological Insomnia



Did You Know?

The American Academy of Sleep Medicine reports that as many as 17% of children experience Confusional Arousals.

The National Women's Health Information Center (NWHIC) reports that 8 to 12% of people with narcolepsy also have a close relative with the condition.

A 1997 Finnish study reported that 6.9% of female children and 5.7% of male children sleepwalk, compared to 3.1% of females adults and 3.9% of male adults.

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Drugs & Sleep (Continued.)

Medical Drugs That Impact Sleep

Even when used to treat physical illnesses or non-sleep disorders, side effects can alter sleep. The following list, though not comprehensive, briefly describes common sleep-related side-effects of drugs used to treat physical or mental illness::

Drugs That Treat Physical Illness:

Anti-arrhythmic Drugs: sleep disturbance, daytime tiredness

Antihistamines: daytime drowsiness

Anti-Nausea Medications: drowsiness

Asthma Drugs: sleep disturbance, daytime drowsiness

Beta Blockers: daytime drowsiness

Chemotherapy Drugs: sleep disturbance, insomnia

Corticosteroids: insomnia

Diet Pills: sleep disturbance, insomnia

Diuretics: sleep disturbance, insomnia, nighttime leg pain

Hormones: sleep disturbance, insomnia, daytime drowsiness

Nicotine Replacement Drugs: insomnia, disturbing dreams

Pain Medications: drowsiness

Parkinson Disease Medications: sleep disturbance

Thyroid Stimulating Hormone: sleep disturbance, insomnia

Drugs That Treat Mental Illness

Antipsychotics: daytime drowsiness

Antidepressants: daytime drowsiness, insomnia

Antipsychotic Medications: daytime drowsiness

Tricyclic Antidepressants: daytime drowsiness

Recreational Drugs & Sleep

Caffeine: sleep disturbance, insomnia

Alcohol: daytime drowsiness, sleep disturbance, insomnia

Marijuana: daytime drowsiness

Illegal Drugs: sleep disturbance, insomnia, daytime drowsiness, circadian disturbance

Nutritional Supplements & Sleep

5-HTP: nightmares, sleep disturbance, insomnia, daytime tiredness

Ginseng: sleep disturbance or insomnia

L-Tryptophan: daytime sleepiness at high doses

Niacin: sleep disturbance or insomnia at high doses

Valerian Root: daytime drowsiness if taken during the day



Did You Know?

Internationally, the exact prevalence of RLS is uncertain but estimated at 2-15% of the general population, according to several limited studies.

A National Sleep Foundation telephone survey of more than 4,900 individuals between the ages of 15 and 100 revealed that 2% of those surveyed experience violent behaviors during sleep.

PLMS in children is frequently associated with low serum iron as well as low serum ferritin levels, according to a study by Tulane University School of Medicine. Iron therapy was shown to improve PLMS symptoms in most of the children.

Drugs & Sleep

Drugs: substances that have a physiological effect when ingested or otherwise introduced into the body.

Many drugs impact our level of consciousness whether or not they are used to promote sleep or wakefulness. Even over-the-counter (OTC) drugs, nutritional supplements and legally accepted recreational drugs such as alcohol and caffeine can be a detriment to good sleep if used improperly. Whenever possible, sleep disorders should be managed through the use of good sleep hygiene and behavioral modifications. When medication becomes necessary, the proper use of drugs will most effectively contribute to healthy sleep.



Need more information?

Visit the SleepMedicine Education web site at: sleepmedicineeducation.com for additional publications. See also:

SleepGuides: "Treating Sleep Disorders"

To schedule an appointment at any Sleep Medicine Centers location, visit www.sleepmedicinecenters.com

or call:

(716)92-DREAM

(877)53-SNORE

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Some Common Sleep Disorders Treated With Medication

Narcolepsy: attacks of REM sleep that intrude upon wakefulness as well as attacks of wakefulness that intrude upon sleep.

Restless Legs/Periodic Limb Movements: disorders resulting in pain or movement of the limbs before or during sleep.

Parasomnias: any of several sleep disorders resulting in undesirable or unsafe activity during sleep.

REM Sleep Behavior Disorder (RBD): the re-enactment of dramatic or violent dreams. RBD is associated with repeated injury and destruction.

Severe Insomnia: relentless inability to get enough sleep despite the effort to do so.



Of the estimated 18 million Americans with sleep apnea, the largest incidence occurs among middle-aged men.

Did You Know?

A number of studies have revealed a correlation between Sleep-Breathing Disorders and increased weight and age.

A French-Canadian group reported a 2001 study of 25 family members, 14 of whom had RLS. The resulting research suggests an autosomal recessive mode of inheritance.

A 1999 Australian Study found that adolescents with Sleep Terrors and Sleepwalking had an increased prevalence of other sleep disorders.