

Medications (and substances) that make you drowsy

Do you take any of these to help you sleep?

Zopiclone Imovane	Zolpidem Sublinox	Eszopiclone Lunesta	Zaleplon Starnoc	Z-drugs
Lorazepam Ativan	Oxazepam Serax	Bromazepam Lectopam	Flurazepam Dalmane	Benzodiazepines "Benzos"
Clonazepam Rivotril	Alprazolam Xanax	Triazolam Halcion	Nitrazepam Mogadon	
Diazepam Valium	Temazepam Restoril	Chlordiazepoxide Librium	Clorazepate Tranxene	
Trazodone Desyrel	Amitriptyline Elavil	Doxepin Sinequan	Quetiapine Seroquel	Sedating antidepressants & antipsychotics
Diphenhydramine Benadryl	Dimenhydrinate Gravol			Sedating antihistamines
Melatonin	Valerian root	Cannabis	Alcohol	Natural sedatives
Chloral hydrate	Barbiturates			Other sedatives

Regular text: drug name. Bold text: original brand name.

All these medications (and substances) can be considered sleeping pills because they cause you to feel drowsy when you take them. Beyond treating insomnia, most have other uses, for example treating anxiety, depression, or allergies.