

Non-Prescription Sleep Medications

Brand Name	Pain Reliever	Antihistamine	Herbal Vitamin Mineral	Side effects	Warnings
Tylenol PM	Acetaminophen 500mg	Diphenhydramine 25mg	none	Next Day (morning) impairment/ sedation Potential liver toxicity in high doses or when combined with alcohol. Dry mouth, blurred vision Memory impairment	Avoid use if liver issues, hepatitis, prostate problems, glaucoma or bladder issues, if taking Isoniazid (INH), Propylthiouracil (PTU), Vicodin, Fioricet, Midrin or other acetaminophen (APAP) products
Motrin PM	Ibuprofen 200mg	Diphenhydramine 38mg	none	Upset stomach Ulcer risk Dry mouth, blurred vision Memory impairment	May worsen high blood pressure, heart disease, fluid retention. Do not use if you are on medications for prostate or bladder issues. Avoid if taking anticoagulants: Coumadin (warfarin), Plavix, Effient (prasugrel), Xarelto (<i>rivaroxaban</i>)

Non-Prescription Sleep Medications

Advil PM	Ibuprofen 200mg	Diphenhydramine 25 mg	none	Upset stomach Ulcer risk Dry mouth, blurred vision Memory impairment	May worsen high blood pressure, heart disease, fluid retention. Do not use if you are on medications for prostate or bladder issues. Avoid if taking anticoagulants: Coumadin (warfarin), Plavix, Effient (prasugrel), Xarelto (<i>rivaroxaban</i>)
Unisom Sleep Gels	none	Diphenhydramine 50mg	none	Next Day (morning) impairment/ sedation, dry mouth, blurred vision, memory impairment	Avoid in older men especially in those with prostate problems. Do not use with glaucoma or bladder issues.
Sominex	none	Diphenhydramine 50mg	none	Next Day (morning) impairment/ sedation, dry mouth, blurred vision, memory impairment	Avoid in older men especially in those with prostate problems. Do not use with glaucoma or bladder issues.
Unisom Sleep Tabs	None	Doxylamine 25mg	none	Next Day (morning) impairment/ sedation, dry mouth, blurred vision, memory impairment	Avoid in older men especially in those with prostate problems. Do not use with glaucoma or bladder issues.

Non-Prescription Sleep Medications

<p>Unisom Natural Nights</p> <p>Nighttime Sleep Tabs</p>	<p>none</p>	<p>none</p>	<p>Vitamin B6 10mg</p> <p>Calcium 60mg</p> <p>Melatonin 2.5mg</p>	<p>Memory impairment, impotence, changes in fertility, menstrual cycles, ovulation and hormonal imbalances, anticoagulant effects, increased seizure risk</p>	<p>Do not use with blood-thinning medication. Reported to possibly worsen symptoms of depression, mood, or demeanor. Caution with neurological ailments, anti-epileptics, psychiatric medications (antidepressants, antipsychotics, benzodiazepines.</p>
<p>MidNite</p>	<p>None</p>	<p>None</p>	<p>Melatonin 1.5mg</p> <p>Lemon Balm</p> <p>Chamomile</p> <p>Lavender</p>	<p>Memory impairment, impotence, changes in fertility, menstrual cycles, ovulation and hormonal imbalances, anticoagulant effects, increased seizure risk</p>	<p>Do not use with blood-thinning medication. Reported to possibly worsen symptoms of depression, mood, or demeanor. Caution with neurological ailments, anti-epileptics, psychiatric medications (antidepressants, antipsychotics and anti-anxiety agent- benzodiazepines.</p>