

## Medications Causing Insomnia

Medication Type	Medication Name
Recreational drugs	Alcohol, caffeine, nicotine, amphetamines or methamphetamines, drug withdrawal
Cardiovascular agents	Diuretics, beta-blockers, atorvastatin (Lipitor)
Antineoplastic agents	Interferon alpha
Neurologic and psychiatric agents	Levodopa, phenytoin (Dilantin), lamotrigine (Lamictal), bupropion (Wellbutrin), selective serotonin reuptake inhibitors (eg, fluoxetine), stimulants (eg, methylphenidate, dextroamphetamine)
Endocrine agents	Corticosteroids, thyroid hormone
Miscellaneous agents	Theophylline, oral contraceptives, protriptyline (Vivactil), cimetidine (Tagamet), decongestants (eg pseudoephedrine), stimulant laxatives

— Source: Family Practice Notebook

## Healthy Sleep Hygiene Tips

Stick to the same bedtime and wake-up time, even on the weekends.

Practice a relaxing bedtime ritual.

Avoid naps, especially in the afternoon.

Use bright light to help manage your circadian rhythms. Avoid bright light in evening while increasing exposure to sunlight during the day to help with circadian rhythm.

Exercise daily; minimize vigorous exercise in the evening.

Evaluate your room; keep cool, minimize noise and light.

Sleep on a comfortable mattress and pillows.

Avoid alcohol, cigarettes, caffeine, and heavy meals in the evening.

Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading.

If you can't sleep, go into another room and do something relaxing until you feel tired; use your bed only for sleep or sex.

— Source: National Sleep Foundation