

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	
Daridorexant Quviviq	Lemborexant Dayvigo			Dual orexin receptor antagonists
Trazodone Desyrel	Amitriptyline Elavil	Doxepin Sinequan	Quetiapine Seroquel	Sedating antidepressants & antipsychotics
Diphenhydramine Benadryl	Dimenhydrinate Gravol			Sedating antihistamines
Melatonin	Valerian root	Cannabis	Alcohol	Natural sedatives

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

All these medications (and substances) can be considered sleep aids because they cause drowsiness when you take them. Beyond treating insomnia, many have other uses, for example treating anxiety, depression, or allergies.