

The Effects of Psychotropic and Neurotropic Medications on Sleep

Medications	T _{max} (Hrs)	T _{1/2} (Hrs)	Sleep Latency	Sleep Efficiency	% Stage N3	% Stage R	Stage R latency	Morning Sedation	Motor Restlessness
ANTIDEPRESSANTS									
SSRIs/SNRIs									
citalopram (Celexa)	4	36	∅	↓/∅	∅	↓	↑	∅	↑
desvenlafaxine (Pristiq)	7.5	12	↑/∅	↑/↓	∅	∅	↑	∅	∅
duloxetine (Cymbalta)	6	12	↑/↓	↑/↓	↑	↓	↑	∅	N/A
escitalopram (Ciprallex)	5	30	∅	∅	∅	↓	↑	∅	↑
fluoxetine (Prozac)	7	50	↑	↓	↓	↓↓	↑	∅	↑↑
fluvoxamine (Luvox)	4	15	↑	↓	N/A	↓↓	↑	↑	?
levomilnacipran (Fetzima)	2	8.5	↑	↓	∅	∅	↑	∅	∅
milnacipran (Savella)	2	5.5	↑/↓	↑/↓	∅	∅	↑	∅	∅
paroxetine (Paxil)	5	17	↑	↓	∅	↓↓	↑	↑↑	↑
sertraline (Zoloft)	7	24	↑	∅	∅	↓	↑	∅	↑
venlafaxine [XR] (Effexor)	2	5 [15]	↑	↓	↓	↓	↑	∅	↑
vilazodone (Viibryb)	4.5	25	↑	↓/∅	↑	↓↓	↑	∅	∅
vortioxetine (Trintellix)	9	45	∅	↓/∅	∅	↓/∅	↑/∅	∅	∅
Tricyclics									
amitriptyline (Elavil)	3	25	↓↓	↑	↑	↓	↑	↑↑	↑
desipramine (Norpramin)	7	22	↓	↑	↑	↓	↑	↑	↑
doxepin (Sinequan; Silenor)	2.5	17	↓↓	↑	∅	↓	↑	∅/↑	∅
imipramine (Tofranil)	4	16	↓	↑/∅	↑/∅	↓	↑	↑	↑
nortriptyline (Aventyl)	4	30	↓	↑	↑	↓	↑	↑↑	∅
Miscellaneous									
bupropion [XL] (Wellbutrin)	1.5[5]	10[21]	∅	∅	∅	∅	∅	∅	↓
lithium carbonate	2	28	∅	∅	↑	↓	↑	∅	∅
mirtazapine (Remeron)	2	30	↓	↑↑	↑	∅	∅	↑↑	↑
trazodone (Desyrel)	1	5	↓	↑	↑	∅	∅	∅	↓/∅
ANTI-EPILEPTICS									
carbamazepine (Tegretol)	1.5	8	∅	∅	↑↑	↓	∅	∅	↓
gabapentin (Neurontin)	2.5	7	↓/∅	↑/∅	↑↑	↑	∅	∅	↓↓
lamotrigine (Lamictal)	2	29	∅	∅	↑/∅	↑/∅	∅	∅	↓
phenytoin (Dilantin)	3.5	11	∅	∅	↑/↓	↓/∅	∅	∅	↓/∅
pregabalin (Lyrica)	1	6.5	∅	↑	↑↑	∅	∅	∅	↓↓
topiramate (Topamax)	2	21	∅	∅	∅	∅	∅	∅	↑/∅
valproic acid (Depakote)	4	12	∅	∅	↑	∅	∅	↑	↓

KEY: ↑ = increase. ↓ = decrease. ↑↑ = greatly increase. ↓↓ = greatly decrease. ↑/↓ = increase and/or decrease. ∅ = no significant change. ↑/∅ = increase and/or no significant change. ↓/∅ = decrease and/or no significant change. ? = no available data. N/A = not applicable.

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ANTIPSYCHOTICS									
aripiprazole (Abilify)	4	60	↓/∅	↑/∅	N/A	N/A	N/A	↑	↑
lurasidone (Latuda)	2	25	↓/∅	↑↑	∅	∅	∅	∅	↑
olanzapine (Zyprexa)	3.5	33	↓	↑	↑	↓	↑	↑	↑
quetiapine (Seroquel)	1.5	7	↓	↑	∅	↓/∅	↑	↑/∅	↑↑
risperidone (Risperdal)	1.5	25	↓/∅	↑/∅	↑	↓	↑	∅	↑
ziprasidone (Zeldox)	1	5	↓/∅	↑/∅	↑	↑/↓	↑/↓	∅	↑
CANNABIS DERIVATIVES									
cannabis (inhaled)	0.25	10	↓/∅	↑/∅	↑	↓/∅	↓/∅	∅	∅
cannabis (oral)	1.5+	10	∅	↑/∅	↑	↓/∅	∅	↑/∅	∅
nabilone (Cesamet)	1.5	25	↓/?	↑/?	?	?	?	?	∅
nabiximols (Sativex)	3	24	↓/?	↑/?	?	?	?	?	∅
MELATONIN AGONISTS									
agomelatine (Valdoxan)	1.5	2	↓↓	↑	↑	∅	∅	∅	∅
ramelteon (Rozerem)	0.75	3	↓↓	↑	∅	∅	∅	∅	∅
OVER-THE-COUNTER									
dimenhydrinate (Gravol)	2.6	16	↓/∅	↑/∅	∅	∅	∅	∅	↑/∅
diphenhydramine (Benadryl)	2.3	8.5	↓/∅	↑/∅	∅	∅	∅	∅	↑/∅
melatonin IR	1	<1	↓/∅	↑/∅	↓/∅	∅	↑/∅	↑/∅	∅
valerian	1	1.5	↓/∅	↑/∅	∅	∅	∅	∅	∅
SEDATIVE-HYPNOTICS									
benzodiazepines									
clonazepam (Rivotril)	2	25	↓↓	↑	↓↓	↓	∅	↑	↓↓
flurazepam (Dalmane)	1.5	50	↓↓	↑	↓↓	↓	∅	↑↑	↓
lorazepam (Ativan)	1.2	14	↓	↑	↓	∅	∅	↑/∅	↓
oxazepam (Serax)	3	16	↓	↑	↓	∅	∅	↑	↓
temazepam (Restoril)	1	10	↓↓	↑	↓↓	∅	∅	↑	↓
non-benzodiazepines									
zaleplon (Sonata)	<1	1.5	↓↓	↑/∅	↑/∅	∅	∅	∅	∅
zolpidem (Ambien; Sublinox)	1	2.5	↓↓	↑	↑/∅	∅	∅	∅	∅
zopiclone (Imovane)	1	5	↓↓	↑	↑/∅	∅	∅	∅	∅

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