

July Health Tip

Health Ministries

Don't Yawn Your Day Away. Check Your Meds!

We all have days when we'd like to pause for some midday shut-eye; but if your sleepy days have become the norm, look to your medicine cabinet for a possible cause. Feeling drowsy, groggy or fatigued are side effects of many medications, both prescription and over-the-counter. Some drugs may be OK on their own, but cause fatigue when combined with others. Other drugs can cause you to stay awake for long periods, such as amphetamines, but make you sleepy when their effectiveness wears off. If you're on medication for any reason and find yourself sleepier than usual, it's important to find out why.



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Being Sleepy Can Be Dangerous

Sleepiness is a side effect that can have serious consequences, like:

- Reduced productivity
- Decreased awareness and ability to stay safe
- Increased risk of an accident at work, on the road and/or in the home

If fighting grogginess or fatigue has become routine for you, talk to your doctor or pharmacist. There may be replacement drugs available without a sleepy side effect. The solution may be as simple as adjusting the dose, avoiding alcohol, or taking a drug at a different time of the day.

Steps You Can Take

Approach your doctor or pharmacist with:

- A complete list of your medications and their dosage.
- Include any over-the-counter medications, vitamins and herbs that you take.
- Be confident that a solution for your sleepiness will be found!

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These Medications are Known to Cause Sleepiness

Name of drug	What it treats
Alpha-adrenergic blockers and Beta-adrenergic blockers	High blood pressure
Antibiotics	Infections (or to prevent infections) caused by bacteria
Antidepressants	Anxiety, depression, eating disorders, chronic pain, etc.
Antiemetics	Nausea and vomiting
Antihistamines	Allergies, common cold, motion sickness
Antipsychotics	Serious psychiatric conditions like schizophrenia and bipolar disorder
Benzodiazepines (tranquilizers)	Anxiety, agitation, muscle spasms, seizures
Diuretics (water pills)	High blood pressure, glaucoma, edema
Dopamine agonists	Parkinson's disease
Muscle relaxers	Sore muscles
Proton pump inhibitors	Reflux, GERD
Statins and fibrates	High cholesterol

Source: National Sleep Foundation, Harvard Medical School, AARP

The material above is general medical information provided for informative and educational purposes only. General medical advice can never substitute for personal, professional advice given based on your medical history, your family medical history, your medication history, and other factors. Because these factors are different for every person, you should always consult your physician before relying on this information. These health tips should not be construed as establishing a patient-physician relationship between you and Premier Health and/or any staff members. If you need medical assistance, contact (866) 608- 3463 to make an appointment with a physician, or call 9-1-1 immediately if it is an emergency.