

Medical Drugs Which Can Interfere with Rejuvenating Sleep

The list of prescription or over-the-counter drugs which interfere with sleep runs long. In most cases, the prescribing physicians do not inform the patients of this side effect. One can quickly check the side effects of drugs by Google search. The drugs which may disrupt healthy sleep include:

- Antidepressants such as Prozac and Zoloft
- Medications for Parkinson's disease
- Some medicines used to control convulsions (epilepsy)
- Cold remedies and decongestants
- Steroid medications use in asthma, rheumatoid arthritis, and allergies
- Inhalers for treating an asthma attack
- Water pills used in high blood pressure and heart disease
- Some blood pressure-lowering drugs
- Appetite-lowering medications used to treat obesity