

Medicines, Herbal Medicines and Recreational Drugs That Can Cause Insomnia

Medicines that can cause insomnia

Listed below are some medicines that can cause insomnia:

- Monoamine-oxidase inhibitors (MAOIs) e.g. phenelzine, tranylcypromine
- Selective serotonin re-uptake inhibitors (SSRIs) e.g. fluoxetine, citalopram, escitalopram, sertraline, paroxetine
- Reboxetine
- Antipsychotic drugs e.g. pimozide, amisulpride, sulpiride, flupentixol, promazine, quetiapine, loxapine
- Bupropion
- Varenicline
- Pseudoephedrine
- Highly lipid-soluble beta-blockers such as propranolol, sotalol, labetalol and metoprolol are more likely to cross the blood-brain barrier and cause insomnia
- Amlodipine
- Diltiazem
- Mexiletine
- Moxonidine
- Doxazosin
- Captopril
- Eplerenone
- Ranolazine
- Lipophilic statins (simvastatin and atorvastatin) are more likely to cross the blood-brain barrier and cause insomnia
- Proton pump inhibitors e.g. lansoprazole, esomeprazole, pantoprazole
- Antiepileptics e.g. lamotrigine, gabapentin, pregabalin, zonisamide, brivaracetam, tetraabenazine
- Methylphenidate
- Corticosteroids
- Selective COX-2 inhibitors e.g. etoricoxib, celecoxib
- Levothyroxine (usually due to excessive dosage)
- Theophylline
- Beta-2 agonists e.g. salbutamol, salmeterol
- Oxycodone
- Exemestane
- Letrozole
- Strontium ranelate

- Pioglitazone
- Quinagolide
- Linezolid
- Valganciclovir
- Zidovudine
- Entecavir
- Griseofulvin
- Atovaquone
- Ribavirin
- Oseltamivir
- Interferon beta
- Loratadine
- Granisetron
- Orphenadrine
- Nefopam
- Fesoterodine
- Flutamide
- Sildenafil
- Sulfasalazine
- Levomepromazine

Herbal medicines that can cause insomnia

Listed below are some herbal medicines that can cause insomnia:

- Alcohol
- Ginseng
- Valerian
- Yohimbe
- Guarana
- Huperzia serrata
- Reishi mushroom
- Maca
- Guarana
- Yerba mate

Recreational drugs that can cause insomnia

Listed below are some recreational drugs that can cause insomnia:

- Alcohol
- Caffeine
- Nicotine

- Amphetamines
- Cocaine
- Methamphetamine
- Drug withdrawal