



# MEDICATIONS THAT \*MAY\* NEGATIVELY AFFECT SLEEP, MOOD OR ANXIETY

- 1 Steroids (Prednisone)
- 2 Singulair (Montelukast)
- 3 Accutane
- 4 Benadryl
- 5 Omeprazole
- 6 Famotidine/Cimetidine
- 7 Decongestants



Don't stop any of these abruptly without talking to the prescriber first about safe alternatives.

