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Simply Sleep

Generic name: [diphenhydramine](#) [*DYE-fen-HYE-dra-meen*]**Brand names:** Allergy (Diphenhydramine HCl), Allergy Relief (Diphenhydramine HCl), [Banophen](#), [Benadryl](#), [Benadryl Allergy](#), ... [show all 41 brands](#)**Drug classes:** [Anticholinergic antiemetics](#), [Anticholinergic antiparkinson agents](#), [Antihistamines](#), [Miscellaneous anxiolytics](#), [sedatives and hypnotics](#)[Medically reviewed](#) by Drugs.com on Mar 31, 2025. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

What is Simply Sleep?

Simply Sleep is an antihistamine that is used to treat sneezing, runny nose, watery eyes, hives, skin rash, itching, and other cold or allergy symptoms.

Simply Sleep is also used to treat [motion sickness](#), to induce sleep, and to treat certain symptoms of [Parkinson's disease](#).

This medicine sleep aid medicine is not for use in children younger than 12 years old.

There are many brands and forms of [diphenhydramine](#) available. Not all brands are listed on this leaflet.

Simply Sleep may also be used for purposes not listed in this medication guide.

Simply Sleep side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Simply Sleep may cause serious side effects. Stop using Simply Sleep and call your doctor at once if you have:

- severe [drowsiness](#); or
- painful or difficult urination.

Side effects such as [dry mouth](#), [constipation](#), and confusion may be more likely in older adults.

Common side effects of Simply Sleep may include:

- drowsiness;
- dry eyes, blurred vision;
- dry mouth, nose, or throat;

- decreased urination;
- constipation;
- feeling restless or excited (especially in children); or
- day-time drowsiness or "[hangover](#)" feeling after night-time use.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Simply Sleep side effects](#) (more detail)

Related/similar drugs

Ativan

Ativan is a benzodiazepine used to treat anxiety disorders or anxiety associated with depression ...

Reviews & ratings

8.0 / 10

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Benadryl

Benadryl is an antihistamine and is used to treat sneezing, runny nose, itching and other ...

Reviews & ratings

7.0 / 10

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Lunesta

Lunesta is a sedative and is used to treat insomnia. Lunesta's effects typically begin within 30 ...

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Eszopiclone

Eszopiclone (brand name Lunesta) is a sedative and is used to treat insomnia. Eszopiclone's effects ...

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Melatonin

Melatonin is used to combat jet lag and ease sleep problems like insomnia. Learn about uses ...

Reviews & ratings

5.7 / 10

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Zolpidem

Zolpidem is a sedative-hypnotic medicine used for the short-term treatment of insomnia (trouble ...

Reviews & ratings

6.9 / 10

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Warnings

Use Simply Sleep exactly as directed. **Taking too much Simply Sleep can lead to serious heart problems, seizures, coma, or death.**

Do not use this medicine to make a child sleepy. Simply Sleep [sleep aid](#) medicine is not for use in children younger than 12 years old.

Before taking this medicine

You should not use Simply Sleep if you are allergic to it.

Ask a doctor or pharmacist if this medicine is safe to use if you have ever had:

- an [enlarged prostate](#) or urination problems;
- asthma, chronic obstructive pulmonary disease (COPD), or other breathing disorder;
- [glaucoma](#); or
- a thyroid disorder.

Ask a doctor before using this medicine if you are pregnant or breastfeeding. Simply Sleep may slow breast milk production.

How should I take Simply Sleep?

Use exactly as directed on the label, or as prescribed by your doctor. Simply Sleep is only for short-term use until your symptoms clear up.

Taking too much Simply Sleep can lead to serious heart problems, seizures, coma, or death.

Always follow directions on the medicine label about giving Simply Sleep to a child. **Do not use the medicine only to make a child sleepy.** Death can occur from the misuse of [antihistamines](#) in very young children.

For motion sickness, take Simply Sleep 30 minutes before you will be in a situation that causes you motion sickness (such as a long car ride, airplane or boat travel, amusement park rides, etc). Continue taking this medicine with meals and at bedtime for the rest of the time you will be in a motion-sickness situation.

As a sleep aid, take Simply Sleep within 30 minutes before bedtime.

You must chew the **chewable tablet** before you swallow it.

Measure **liquid medicine** carefully. Use the dosing syringe provided, or use a medicine dose-measuring device (not a kitchen spoon).

Remove an **orally disintegrating tablet** from the package only when you are ready to take the medicine. Place the tablet in your mouth and allow it to dissolve, without chewing. Swallow several times as the tablet dissolves.

Call your doctor if the condition you are treating with Simply Sleep does not improve, or if you have a fever with a [headache](#), cough, or skin rash.

Do not use Simply Sleep for longer than 2 weeks to treat sleep problems, or longer than 7 days to treat cold or allergy symptoms.

Simply Sleep can affect the results of allergy skin tests. Tell any doctor who treats you that you are using Simply Sleep.

Store at room temperature away from moisture and heat.

 [Detailed Simply Sleep dosage information](#)

What happens if I miss a dose?

Since Simply Sleep is used when needed, you may not be on a dosing schedule. Skip any missed dose if it's almost time for your next dose. **Do not** use two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of diphenhydramine can be fatal.**

Overdose symptoms may include [vomiting](#), confusion, severe drowsiness, ringing in your ears, no urination, very dry eyes and mouth, dilated pupils, fast heartbeats, tremor, [agitation](#), hallucinations, or seizure.

What should I avoid while taking Simply Sleep?

Avoid driving or hazardous activity until you know how Simply Sleep will affect you. Your reactions could be impaired.

Drinking alcohol can increase certain side effects of diphenhydramine.

Ask a doctor or pharmacist before using any other medicine that may contain Simply Sleep. This includes medicines for sleep, cold/allergy symptoms, or anti-itch medicine used on the skin. **Using too much this medicine may lead to a fatal overdose.**

What other drugs will affect Simply Sleep?

Ask a doctor or pharmacist before using Simply Sleep with any other medicines, especially drugs that can cause drowsiness (such as opioid medication, sleep medicine, a muscle relaxer, or medicine for [anxiety](#) or [seizures](#)). Tell your doctor about all your current medicines and any medicine you start or stop using. This includes prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). **Not all possible interactions are listed here.**

 [Simply Sleep drug interactions](#) (more detail)

Does Simply Sleep interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Simply Sleep

+

Enter a drug name

Add

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Patient resources

Other brands

[Benadryl](#), [Banophen](#), [Benadryl Allergy](#), [ZzzQuil](#), ... +23 more

Professional resources

- [DiphenhydrAMINE monograph](#)
- [Diphenhydramine Oral Solution \(FDA\)](#)

Other brands

[Benadryl](#), [Benadryl Allergy](#), [Diphen](#), [Dicopanol](#)

Related treatment guides

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Further information


Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*



N/A Not a controlled drug

User Reviews & Ratings

5.0 / 10

[20 Reviews](#)

Images

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