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2. Sleep Aid

Sleep Aid

Generic name: [Doxylamine](#) [*dox-IL-a-meen*]**Brand names:** Nitetime Sleep-Aid, Sleep Aid**Drug class:** [Miscellaneous anxiolytics, sedatives and hypnotics](#)[Medically reviewed](#) by Drugs.com. Last updated on Apr 25, 2024.[Uses](#) [Before taking](#) [Warnings](#) [Dosage](#) [Side effects](#) [Overdose](#) [FAQ](#)

Uses of Sleep Aid:

- It is used to treat sleep problems.

What do I need to tell my doctor BEFORE I take Sleep Aid?

For all patients taking Sleep Aid ([doxylamine](#)):

- If you have an [allergy](#) to doxylamine or any other part of Sleep Aid (doxylamine).
- If you are allergic to Sleep Aid (doxylamine); any part of Sleep Aid (doxylamine); or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.

Children:

- If your child is younger than 12 years of age. Do not give Sleep Aid (doxylamine) to a child younger than 12 years of age.

This medicine may interact with other drugs or health problems.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, [vitamins](#)) and health problems. You must check to make sure that it is safe for you to take Sleep Aid (doxylamine) with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take Sleep Aid?

- Tell all of your health care providers that you take Sleep Aid (doxylamine). This includes your doctors, nurses, pharmacists, and dentists.
- Avoid driving and doing other tasks or actions that call for you to be [alert](#) after you take Sleep Aid (doxylamine). You may still feel sleepy the day after you take Sleep Aid (doxylamine). Avoid these tasks or actions until you feel fully awake.
- Avoid drinking alcohol while taking Sleep Aid (doxylamine).

- Talk with your doctor before you use other drugs and natural products that slow your actions.
- Be careful in hot weather or while being active. Drink lots of fluids to stop fluid loss.
- If you are 65 or older, use Sleep Aid (doxylamine) with care. You could have more side effects.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using Sleep Aid (doxylamine) while you are pregnant.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

How is this medicine (Sleep Aid) best taken?

Use Sleep Aid (doxylamine) as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Take 30 minutes before bedtime.
- Do not take Sleep Aid (doxylamine) for more than 2 weeks unless told to do so by your doctor.

What do I do if I miss a dose?

- If you take Sleep Aid (doxylamine) on a regular basis, take a missed dose as soon as you think about it.
- If you will not be able to get a full night's sleep (at least 7 hours) after taking the missed dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Many times Sleep Aid (doxylamine) is taken on an as needed basis. Do not take more often than told by the doctor.

i [Detailed Sleep Aid dosage information](#)

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like [rash](#); hives; [itching](#); red, swollen, blistered, or peeling skin with or without [fever](#); [wheezing](#); tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Not [sweating](#) during activities or in warm temperatures.
- Not able to pass urine.
- Trouble passing urine.
- Feeling very tired or weak.
- Change in eyesight.
- A [fast heartbeat](#).
- A heartbeat that does not feel normal.

i [Sleep Aid side effects](#) (more detail)

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What are some other side effects of Sleep Aid?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Feeling sleepy.
- Dizziness.
- [Constipation](#).
- [Dry mouth](#).
- Thickening of mucus in nose or throat.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at <https://www.fda.gov/medwatch>.

If OVERDOSE is suspected:

If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

How do I store and/or throw out Sleep Aid?

- Store in the original container at room temperature.
- Store in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Consumer Information Use and Disclaimer

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.

- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about Sleep Aid (doxylamine), please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Frequently asked questions

- [What is the max dose of diphenhydramine for adults?](#)
- [Why am I unable to sleep after taking Ambien?](#)
- [What are the strongest sleeping pills?](#)
- [Does Mucinex help with Covid?](#)

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More about Sleep Aid (doxylamine)

- [Check interactions](#)
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Patient resources

Other brands

[Unisom SleepTabs](#), [Nighttime Sleepaid](#)

Professional resources

- [Good Neighbor Sleep Aid prescribing information](#)
- [Good Sense Sleep Aid \(FDA\)](#)
- [Kirkland Signature Sleep Aid \(FDA\)](#)
- [Sleep Aid Tablets \(FDA\)](#)
- [Topcare Sleep Aid \(FDA\)](#)
- [Doxylamine \(AHFS Monograph\)](#)

Other brands

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Related treatment guides

- [Insomnia](#)

Further information

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

[Medical Disclaimer](#)

DRUG STATUS



Availability

Rx and/or OTC



Pregnancy & Lactation

Risk data available

CSA Schedule*

N/A Not a controlled drug



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