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# Unisom Sleepgels Maximum Strength

**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 antiparkinson agents](#), [Antihistamines](#), [Miscellaneous anxiolytics](#), [sedatives and hypnotics](#)



[Medically reviewed](#) by Drugs.com on Mar 31, 2025. Written by [Cerner Multum](#).

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## What is Unisom Sleepgels Maximum Strength?

[Unisom Sleepgels Maximum Strength](#) is an antihistamine that is used to treat sneezing, runny nose, watery eyes, hives, skin rash, itching, and other cold or allergy symptoms.

[Unisom Sleepgels](#) Maximum Strength 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.

Unisom Sleepgels Maximum Strength may also be used for purposes not listed in this medication guide.

## Unisom Sleepgels Maximum Strength 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.

**Unisom Sleepgels Maximum Strength may cause serious side effects. Stop using Unisom Sleepgels Maximum Strength 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 Unisom Sleepgels Maximum Strength 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.

 [Unisom SleepGels 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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6.6 / 10

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## Ambien

Ambien (zolpidem) is a prescription sedative used to treat insomnia, helping you fall asleep and ...

### 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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5.9 / 10

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## Eszopiclone

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

### Reviews & ratings

5.7 / 10

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## Temazepam

Temazepam is used to treat insomnia (trouble sleeping). Learn about side effects, interactions and ...

### Reviews & ratings

6.5 / 10

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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

[1,055 Reviews](#)

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## Warnings

Use Unisom Sleepgels Maximum Strength exactly as directed. **Taking too much Unisom Sleepgels Maximum Strength can lead to serious heart problems, seizures, coma, or death.**

**Do not use this medicine to make a child sleepy.** Unisom Sleepgels Maximum Strength [sleep aid](#) medicine is not for use in children younger than 12 years old.

## Before taking this medicine

You should not use Unisom Sleepgels Maximum Strength 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.** Unisom Sleepgels Maximum Strength may slow breast milk production.

## How should I take Unisom Sleepgels Maximum Strength?

Use exactly as directed on the label, or as prescribed by your doctor. Unisom Sleepgels Maximum Strength is only for

short-term use until your symptoms clear up.

**Taking too much Unisom Sleepgels Maximum Strength can lead to serious heart problems, seizures, coma, or death.**

Always follow directions on the medicine label about giving Unisom Sleepgels Maximum Strength 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 Unisom Sleepgels Maximum Strength 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 Unisom Sleepgels Maximum Strength 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 Unisom Sleepgels Maximum Strength does not improve, or if you have a fever with a [headache](#), cough, or skin rash.

**Do not use Unisom Sleepgels Maximum Strength for longer than 2 weeks to treat sleep problems, or longer than 7 days to treat cold or allergy symptoms.**

Unisom Sleepgels Maximum Strength can affect the results of allergy skin tests. Tell any doctor who treats you that you are using Unisom Sleepgels Maximum Strength.

Store at room temperature away from moisture and heat.

 [Detailed Unisom SleepGels dosage information](#)

## What happens if I miss a dose?

Since Unisom Sleepgels Maximum Strength 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 Unisom Sleepgels Maximum Strength?

Avoid driving or hazardous activity until you know how Unisom Sleepgels Maximum Strength 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 Unisom Sleepgels Maximum Strength. 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 Unisom Sleepgels Maximum Strength?

Ask a doctor or pharmacist before using Unisom Sleepgels Maximum Strength 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.**

 [Unisom SleepGels drug interactions](#) (more detail)

## Does Unisom SleepGels interact with my other drugs?

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








Unisom SleepGels

+

Enter a drug name

Add

## Popular FAQ

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- Does diphenhydramine raise blood pressure? 
- Does Benadryl help with or cause anxiety? 
- Can diphenhydramine be used as a sleep aid? 
- Diphenhydramine Hydrochloride vs Citrate: What's the difference? 

## More about Unisom SleepGels (diphenhydramine)

- [Check interactions](#)
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- [Breastfeeding](#)

## Patient resources

- [Unisom Sleep Gels drug information](#)

## 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

- [Insomnia](#)

## 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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**Availability**  
Rx and/or OTC

**Pregnancy & Lactation**  
Risk data available

**CSA Schedule\***  
N/A Not a controlled drug



## User Reviews & Ratings

5.1 / 10

[21 Reviews](#)

## Images

[Unisom SleepGels diphenhydramine hydrochloride 50 mg \(UNISOM\)](#)

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