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Chloroform side effects sleep

Sharing on PinterestIt is the middle of the night, and you can't sleep. Time to choose your own adventure:1. Toss and turn all night, anxiety about the sleep you don't get. 2. Warm a steam cup and try to swallow yourself to sleep. 3. Pop the Xanax you have for the last time you flew nationwide and thank modern medicine for all it's good for. If you're something like us, when you go against your doctor's orders (Just take one for anxiety before a flight), you feel uncomfortable. But you rationalize: One's not going to kill me. No, it probably isn't, says Margot Farber, director of the Drug Information Service and registrarial professor of pharmacy at the University of Michigan. But while it may not be a life-threatening choice, it's certainly not the best option for most people today. Xanax belongs to a class of drugs called benzodiazepes (nicknamed benzos), along with Valium, Ativan and Klonopin. Doctors and psychiatrists usually prescribe them for anxiety. They mimic your brain's GABA (gamma-aminobutyric acid) neurotransmitter and provide a sedating effect, Farber says. It basically calms you down and can make you sleepy, which is why some people reach for Xanax at night. But it's kind of a round-up way of doing things. By comparison, Farber says, the Z drugs (as in catching some Zzz's), or non-benzodiazepes specifically made for sleep, do not mimic GABA, but activate the receptor that WOULD normally trigger GABA. Think Lunesta, Sonata, or Ambien. The same endgame — delicious sleep — but they're faster acting and without many of the side effects. Side effects of benzodiazepes are nothing to mess around with. They range from temporary amnesia to grogginess to reduced motor function. Some others include: disturbed visionaryizzinessdiarry mouthheadachesnausealoss of libido stuffy nasal-seaweedvomitingFarber say people who regularly adapt benzodiazepes to the dosage, so they don't experience the hangover effect quite as strongly. But if you were prescribed Xanax for just occasional use and you pop a one-off in the middle of the night, you'll probably feel the effects in full force. Plus, Xanax is made to treat anxiety. Say you're a nervous movie: When you take a benzo before you get on board, the medicine goes up against the chemicals that surge into your body. It counters some of the drug's effect, says Joseph Ojile, MD, medical director and chief executive officer of the Clayton Sleep Institute. So, if you take it when you're actually calm and relaxed — for example, about to go to bed — there's none of that backlash. The grogginess and amnesia can hit you more seriously. Side effects can persist for 8 to 12 hours, meaning you can actually feel more tired in the morning than you normally would (irony at its worst). So if you take the Xanax at 2 a.m. and wake up at 7 a.m., you still have 7 more hours' worth of that it could mean bad news to work on time. Basically, yes, there's better better - namely, sleep medications, reducing your stress, and setting up your bedroom for sleep success (sorry, laptop). But if insomnia hits and you have a Xanax over, Ojile says it's good to take once or twice a week, as long as you haven't been drinking. Other harmful interactions may occur from: anesthesia antacidsanticonvulsantidepressantsanxiolyticsbarbituratesbirth controlnarcotic painkilling antihistamines If you don't take any of them, try half of your normal dose first. The risks are dose-related, so if you take less medicine, you run a lower risk of that dreaded hangover. If you need to take Xanax, try to last only once or twice a week. More and you increase your chances of building a tolerance, says John Mendelson, MD, a clinical professor of medicine at UCSF and an expert in addiction and clinical psychophanology. Tolerance happens pretty easily — just taking it [every night] for a week or two, a very short period of time. Then once you're tolerant, the drug can have less of an effect, mendelson says. In the same vein you will also become dependent, which means you need it to fall asleep. You can even go through withdrawal symptoms, such as recovery anxiety or insomnia, when trying to stop, Farber says. Long-term use of benzos is no bueno. Have a chat with your doctor if you experience any of these symptoms: changes in moodchest pain confusiondepressionhallucinationsirregular heartbeatmemory loss suicidal thoughtsseizurestremorsAlso, if you start taking Xanax regularly, it can be life-threatening to suddenly stop taking the drug. It is very important to work with a doctor you trust to tap off your dosage. One Xanax (or even better, half of one) is good to take once in a while, if you can't get to sleep and you have a leftover on hand. But don't expect to fire on all cylinders the next morning, keep in mind that there are better options. Upping your sleep hygiene can help, as can meditation and CBD oil. Even prescription and over-the-counter medicine can make it possible for you to go to sleep relaxed and capture much of Zzz's without getting into a zombie the next morning. Sweet dreams. Credit: Istockphoto These are some of the most common problems you may experience while taking a sleep medication, and what you can do to avoid it. Credit: Fotolia If you had ever considered sleeping pills, you might have been worried about how you would feel the next day, whether you would become addicted, and what other effects the medication might have on you. When used correctly, prescription sleep drugs are safe and effective, and can help you sleep through a patch of insomnia or fit. In fact, doctors say they're more reliable than over-the-counter meds for any long period of time. Side effects can occur, however, especially if you are not taking the best type of medication for you, at the right dosage. Here are some you may experience, and what you can do to avoid them. Ad Ad Istockphoto Many people worry that, should they decide to take sleeping pills, they will feel tired, fuzzy-headed or dizzy; experience headaches or nausea; or struggling to wake up the morning after. These side effects are possible, but avoidable, says Ralph Downey III, PhD, director of the Loma Linda University Sleep Disorders Center in Loma Linda, Calif. If your doctor has prescribed the correct dosage, and you take the pill according to your doctor's instructions, the medication should work effectively without any morning hangovers, Downey says. Older drugs like benzodiazepines are more likely to cause morning drowsiness or dizziness because they have longer half-life times—meaning the effects take longer to wear off. Credit: Istockphoto Get a good night's sleep can pose dangers to people with mild heartburn and the more than 40% of Americans with gastroesophageal reflux disease (GERD). A 2009 study found that people who had Ambien were less than half as likely to wake up during bouts of acid reflux, increasing their exposure to nighttime stomach acid. This background can cause damage to the esophageal that may not have occurred, woke the person up and swallowed, neutralizing the acid with saliva. This type of damage to the cells that feed the throat can increase the risk for esophageal cancer. Read more about the link between sleeping pills and heartburn here. Ad Credit: Fotolia Patients are often nervous about being addicted to or dependent on sleeping pills. But studies show that the risk of sleep pill abuse decreases as new medications are released. Researchers found that Rozerem, a relatively new drug, may have the least side effects of all, and it appears to be non-habit-forming. However, addiction and dependence are still possible with other drugs, especially benzodiazepes. Taking sleep medication long term can mask the real cause of insomnia—such as poor sleep habits or too much stress. Patients often tell their doctors that they depend on medication, but it's possible they don't have underlying issues that addressed their sleep, and that they don't really need the pills. Credit: Istockphoto One of the main things to know about sleep medications is how and when to stop taking it. Suddenly stopping using a sleep aid can cause recovery insomnia, meaning you may experience the same or even worse symptoms of your sleep disorder without medication. To be safe, I assume the effect can occur in all patients, Downey says. That's why he tells patients never to stop using a sleeping pill without even consulting a doctor. Many sleep experts will wean their patients off sleep medications by prescribing lower doses or different medications, until they are ready to sleep on their own. Credit: Istockphoto The makers of Lunesta (eszopiclone) warn patients to a common side effect: a bitter chemical taste in the mouth. In a 2004 study of 300 adults with insomnia, 34% of people who were 3 3 of Lunesta experienced an unpleasant taste, and 17% noticed the taste of a 2-milligram dose. Other patients may experience dry mouth. Ad Credit: Istockphoto Although Downey has not observed any significant problems at the doses at which Rozerem is prescribed, he says it is possible for these medications to interact with hormones. Rozerem is a melatonin agonist, so it increases the level of melatonin by about 16 times what it would normally be in the brain, Downey says. This increase in melatonin will put you to sleep, but can also change testosterone levels. You may experience changes in your sex drive as well as your menstrual cycle. Credit: Istockphoto Patients taking sleep medications have reported such automated behavior as walking, eating, and even driving in their sleep—and not remembering it in the morning. The most problematic thing is not that they just eat. I have patients who will get up and cook and leave the gas overnight, Downey says. Zolpidem (Ambien) in particular has been linked to sleep eating, although this apparent trend is a function of the large number of people who may be zolpidem, rather than a specific quality of the drug. Downey stresses, however, that automated behavior is relatively rare. We only had one person here to do that, and we're evaluating more than 1,000 people a year. Nevertheless, the Food and Drug Administration considers the risk serious enough to request that all sedative-hypnotic drug products carry a warning about the potential for sleep and similar behaviors. Credit: Fotolia If you suffer from severe restless bone syndrome, you can prescribe a dopamine agonist such as ropinirole or pramipexole. Side effects include nausea and dizziness, but these medications are also linked to compulsive gambling, eating, and sexual habits. A 2005 Mayo Clinic study found 11 cases of patients who developed gambling habits while dopamine agonist for Parkinson's disease. In 2007, three RLS patients (including a woman who lost more than \$140,000) were cited in another report. Dopamine agonists target receptors in the brain associated with motivation and reward; researchers suggest that anyone taking these drugs be screened for compulsive behavior and closely monitored for warning signs. Ad Credit: Istockphoto Another result of taking drugs for restless legs syndrome is that after a long period of time, they may lose efficacy. In fact, symptoms can return more severely, more frequently and earlier at night than before medication was started — a process called supplementation. Taking higher doses will usually not help, and patients may be required to switch to another class of drugs or take several weeks off from medication altogether. Credit: Fotolia Getting a good night's sleep can cost a pretty penny. This isn't exactly a side effect, but the high price of sleeping pills is definitely a downside. Insurance typically picks up part of the tab for Sleep drugs, but for medications that are only approved for short-term use, your provider may decide—even before your doctor does—when you've had enough. After a few months, patients may need to switch to cheaper generic medications or turn to long-term behavioral treatments. Credit: Istockphoto Sleep experts agree that behavioral therapy or cognitive behavioral therapy (CBT) is still the most effective treatments for long-term sleep problems. In therapy sessions, you will learn habits and behaviors that will help your body to fall asleep again—at the right time and for the right amount of time. And unlike a pill, you can remember and practice those routines every night, free.Comment on this story. Ad Ad

