First Sleep School

Course Outline

Medications and Sleep

11 lessons across 1 section

Course sections

1. Medications and Sleep 2

Have questions?

firstsleepschool.com/support

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First Sleep School

1. Medications and Sleep

1.1 Overview – Meds
1.2 Hypnotics
1.3 Antidepressants
1.4 Cardiovascular Drugs
1.5 Stimulants
1.6 Antihistamines
1.7 Anticonvulsants
1.8 Opioids
1.9 Antipsychotics
1.10 Mood Stabilizers
1.11 Other Sleep Aids