

## NON-PSYCHOTROPIC DRUGS AND SLEEP

Chris Idzikowski, Colin M Shapiro



Assessment of sleep patterns.

Psychotropic drugs—drugs that affect the mental state—can also have peripheral effects. Similarly, drugs that are usually thought to have only peripheral actions may also influence the mental state, usually by affecting sleep patterns.

The mechanisms are varied. Some drugs penetrate the blood/brain barrier and directly affect the central nervous system (for example, antihistamines with sedative effects). Some drugs cause or aggravate conditions that disturb sleep—for example, sleep apnoea and restless legs. The effect may be extreme, as when sleep is broken by periods of wakefulness, or it may be subtle, as when only the electroencephalographic stages of sleep are disturbed.

### General effects



"A Midsummer Night's Dream" by W Heath Robinson.

The pharmacokinetic profile of any drug is important. Those with short half lives that are taken in the morning are unlikely to affect sleep the following night. It is also unlikely that they will accumulate (unless they have metabolites with long half lives) and affect sleep in that way. Those with long half lives that are given over long periods, however, will accumulate and produce high concentrations of the drug in the body.

To understand the effects of non-psychotropic drugs on sleep we must know:

- Whether the drug is likely to enter the central nervous system: its lipophilicity will indicate whether it will enter the brain, and so whether it will affect sleep.
- The receptor binding profile, which may predict the pharmacological action, particularly if it affects one of the main neurotransmitter systems (aminergic, cholinergic, or  $\gamma$  aminobutyric acid). Drugs that stimulate the noradrenergic system may disrupt sleep, and those that stimulate the cholinergic system may accelerate the onset of rapid eye movement (REM) sleep, and increase the amount of dreaming.
- Whether the drug has any peripheral effects that may impair ability to sleep. For example, drugs that cause or exacerbate the sleep apnoea/hypopnoea syndrome may disturb sleep (for example, benzodiazepines), but patients may not be aware of this and subsequently complain of daytime sleepiness. Drugs that alleviate pain may have the secondary effect of improving the quality of sleep.

When a patient presents with daytime sleepiness it may be either the direct effect of the drug, or a consequence of disturbed sleep at night.

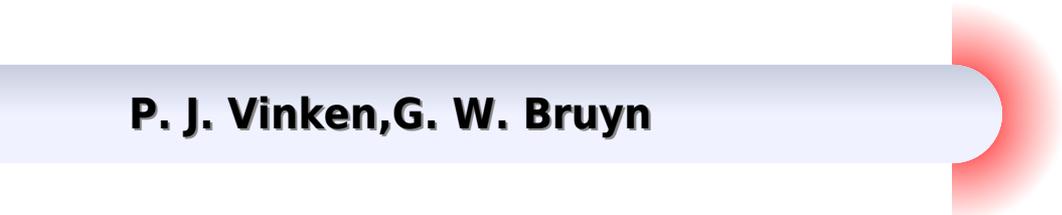
### Appetite suppressants

Appetite suppressants cause both daytime sedation and disturbed sleep

Most appetite suppressants disturb sleep because they stimulate the central transmission of catecholamines. Amphetamine has the greatest effect but diethylpropion, mazindol, and phentermine also cause insomnia. Fenfluramine is the exception: it is chemically related to amphetamine, but its pharmacological action is primarily serotonergic. It releases serotonin from presynaptic sites and prevents it being taken up again; it causes both daytime sedation and disturbed sleep (by replacing sleep with periods of drowsiness and wakefulness); and it reduces the duration of REM sleep. It may increase the amount of slow wave sleep, but that may be as a consequence of disturbed sleep on the previous night.

# Abc Of Sleep Disorders

**P. J. Vinken, G. W. Bruyn**



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