

COMMON MEDICATIONS USED TO CONTROL REM SLEEP INTRUSION

Compound Generic Name <i>Name Brand</i>	Usual Daily Dose	Drug Class †	Pregnancy Risk Category‡	Breastfeeding Risk	Notes & Comments
Atomoxetine <i>Strattera</i> ®	10-80mg	SNRI Antidepressant	C	Not known, check with doctor	
Clomipramine <i>Anafranil</i> ®	10-150mg	TCA Antidepressant	C	Excreted in milk, check with doctor	Very effective, used mostly in Europe
Desipramine <i>Norpramine</i> ®, <i>Pertofane</i> ®	25-100mg	TCA Antidepressant	Not Rated	Not known, check with doctor	
Fluoxetine <i>Prozac</i> ®	20-60mg	SSRI Antidepressant	C	Excreted in milk, not recommended	Well tolerated, high doses often needed
Imipramine <i>Janimine</i> ®, <i>Tofranil</i> ®	10-100mg	TCA Antidepressant	D	Excreted in milk, check with doctor	
Protriptyline <i>Triptil</i> ®, <i>Vivactil</i> ®	5-60mg	TCA Antidepressant	Not Rated	Excreted in milk, not recommended	
Sertraline <i>Zoloft</i> ®	25-200mg	SSRI Antidepressant	C	Excreted in milk, check with doctor	
Venlafaxine <i>Effexor</i> ®	75-225mg	SSNRI Antidepressant	C		
Sodium Oxybate <i>Xyrem</i> ®	3-9mg	Hypnotic (sleep inducing)	B	Not known, check with doctor	May also alleviate EDS

‡ Pregnancy Risk Category:

- A Adequate studies in pregnant women have failed to show a risk to the fetus.
- B Animal studies have not shown a risk to the fetus but controlled studies in pregnant women have not been conducted **or** Animal studies have shown adverse effects on the fetus but adequate studies in pregnant women have not shown a risk to the fetus.
- C women have not shown a risk to the fetus.
- D Animal studies have shown an adverse effect on the fetus but adequate studies have not been conducted in humans. Benefits from use in pregnant women may be acceptable despite the potential risks.
- X The drug may cause risk to the human fetus, but the potential benefit may be acceptable despite the risk. Studies in animals or humans shows that the risks clearly outweigh the potential benefits.

† Drug Classes:

SNRI Selective Norepinephrine Reuptake Inhibitor

SSNRI Selective Serotonin Norepinephrine Reuptake Inhibitor

SSRI Selective Serotonin Reuptake Inhibitor

TCA Tricyclic Antidepressant