

Sleep Aid/Medication	Strength/potency	Common Side Effects
Chamomile Tea	Very Mild	Increased urination otherwise very mild
Unisom (Benadryl, Tylenol PM, Advil PM)	Mild	Hang-over effect, confusion
Valerian Root	Mild	Hang-over effect, confusion
Melatonin	Moderate	Vivid dreams, hang-over effect
Trazodone	Moderate	Hang-over effect
Remeron (Mirtazepine)	Moderate	Weight gain from increased appetite
Sonata (Zaleplon)	Strong	Hang-over effect, dependency, memory loss
Ambien (Zolpidem)	Strong	Hang-over effect, dependency, memory loss
Lunesta (Eszolpiclone)	Strong	Hang-over effect, dependency, memory loss
Restoril (Temazepam)	Strong	Dependency, respiratory depression during sleep
Klonipin (clonazepam)	Strong	Dependency, respiratory depression during sleep