

CBT-I Patient: Is Diphenhydramine (Benadryl) HCl 25 mg a good choice for occasional sleep problems related to stress?

CBT-I Clinician: If it is effective for you, it is a better choice for occasional sleep problems compared to prescription sleep medication. It has few side effects other than a "hangover" effect in the morning due to its long half-life and sedating effect. Therefore, you may feel groggy in the morning.