

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

CBT-I Clinician: If Benadryl works for you, it is a better choice for occasional sleep problems compared to prescription sleep medication. It has fewer side effects, and the only real side effect is a "hangover" effect in the morning due to its long half-life and sedating effect that can lead to feelings of grogginess.