

CAN YOU TAKE A SLEEP AID WHILE ON ADDERALL

Can You Take A Sleep Aid While On Adderall

Hey, I was wondering with sleeping pills would be ok to take with adderall?? Do you mean at the same time or taking Adderall in the morning and sleeping pills at night? Because, if you mean at the same time, the answer is no, it is not ok. The second thing is why would you want to anyway? Adderall is a stimulant, sleeping pills are depressants. Behaviorally, and emotionally, they will probably cancel each other out.

At the very least, you'll feel kind of jittery AND tired, which is uncomfortable. However, physically as far as heart rate, temperature control, breathing, coordination, and all kinds of other things you will be putting yourself at risk. If, for some reason, you are required to take both, you should see a doctor to make sure it's safe. However, I can't imagine many cases unless you're using an antidepressant that also works as a sleep aid why doing this would be necessary, in the first place.

No matter what, this is your decision. So, either way, good luck. Find all posts by [humandefault](#) View Blog. I take adderall xr in the morning and my doctor was going to give me sleeping pills for the evening. The adderall should have been worn off by then. I don't want sleeping pills because they make me sleep too deep and I am afraid I won't hear the kids if they get up.

I take Vicodin for my back and that helps me sleep at night if I take it a couple hours before bed and it doesn't make me sleep too hard. Vicodin only makes me sleepy after it is starting to wear off. I choose not to take my Xanax at night either. Although it might not make me sleep too deep and is short lived, I don't want to take a daily benzo. I really need them to work for me for my upcoming court proceedings.

No, Not at the same time. Adderall in the morning and sleeping pill at night to help sleep faster and deeper. Will taking an otc sleep aid screw with my brain because of the adderall?? If not, then i would like to know what sleeping aid i should take. They're fine as long as you take Adderall and Ambien at opposite times of the day. I've always been an insomniac. Always, ever since I was a baby. I take Ambien x per week depending on how my sleeping is going.

I've been on a variety of sleeping meds, but Ambien has worked the best for me. I used to take Adderall 9 years and my psychiatrist is the one who prescribed both to me. See the psychiatrist who prescribes your Adderall. They will know best what medications are appropriate for your age, size, situation, sleep needs, etc etc. Originally Posted by [addtothebone](#).

Well, I'm glad you're not doing them at the same time. But definitely talk to your doc about what everything, since they know you better than we do. I take Ambien IR and it does not make me groggy the next day. Anytime I took an extended release sleeping pill it made my groggy and foggy the next day. All times are GMT The time now is Find all posts by [addtothebone](#).

Find all posts by [humandefault](#). Find all posts by [livinginchaos](#). Now does ambien make you tired in the morning?? Find all posts by [lucidresq](#). Originally Posted by [addtothebone](#) Cool. I could have stayed up all night long and did that. Facebook Twitter Digg del. I can't swallow pills and have to crush my adderall. Is this dangerous over time? Do any of these pills interfere with Adderall?



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