

OTC SLEEP AIDS		
DRUG	PREGNANCY	LACTATION
Diphenhydramine (Benadryl) <i>1st generation antihistamine</i>	Compatible Available data demonstrates that the use of diphenhydramine during pregnancy does not cause embryo-fetal harm.	Likely Compatible Available data suggests that small, occasional doses are acceptable while breastfeeding. However, chronic use with higher doses may lead to infant drowsiness and/or decreased milk supply.
Doxylamine (Unisom) <i>1st generation antihistamine</i>	Compatible Available data demonstrates that the use of doxylamine during pregnancy does not cause embryo-fetal harm.	Likely Compatible Available data suggests that small, occasional doses are acceptable while breastfeeding. However, chronic use with higher doses may lead to infant drowsiness and/or decreased milk supply.
Melatonin	Possibly Unsafe – Avoid Use The safety of melatonin use during pregnancy is unclear. High doses have been shown to exhibit a contraceptive effect, while lower doses have not. There are concerns that maternal use of melatonin may impact fetal circadian rhythm. Due to the current lack of clear safety information, it is best to avoid use during pregnancy.	Limited Safety Information Endogenous melatonin is a normal component of breast milk. Exogenous administration of melatonin lacks safety data on maternal use during breastfeeding. However, doses higher than those expected in breastmilk after maternal supplementation have been used safely in infants. It is unlikely that short-term use of usual doses of melatonin in the evening by a nursing mother would adversely affect her breastfed infant. However, some recommend against the use of melatonin while breastfeeding due to the lack of safety data and a relatively long half-life in preterm neonates.
Valerian	Limited Safety Information – Avoid Use The safety of valerian use during pregnancy is unclear. Due to the current lack of clear safety information, it is best to avoid use during pregnancy.	Limited Safety Information – Avoid Use No data exist on the safety and efficacy of valerian in nursing mothers or infants. While valerian is "generally recognized as safe" (GRAS) for use in food by the U.S. Food and Drug Administration it is often not recommended for use during lactation because of the theoretical concerns over cytotoxic and mutagenic effects demonstrated in vitro. Due to the current lack of clear safety information, it is best to avoid use during breastfeeding.