

## **Fatigue, drowsiness**

Fatigue and drowsiness are common, especially during early weeks of treatment with an antidepressant.

### **Coping strategies**

- Take a brief nap during the day.
  - Get some physical activity, such as walking.
  - Avoid driving or operating dangerous machinery until the fatigue passes.
  - Take your antidepressant one to two hours before bedtime.
  - Talk to your healthcare provider to see if adjusting your dose will help.
- 

## **Insomnia**

You may experience insomnia because some antidepressants give you an energy boost. While that may sound appealing, it can also make it difficult to get to sleep or stay asleep — and you may be tired during the day.

### **Coping strategies**

- Take your antidepressant in the morning.
- Avoid caffeinated food and drinks, particularly late in the day.
- Get regular physical activity or exercise — but complete it several hours before bedtime so it doesn't interfere with your sleep.
- Talk to your healthcare provider about taking a sedating medication at bedtime.
- If insomnia is an ongoing problem, ask your healthcare provider whether taking a low dose of a sedating antidepressant such as trazodone or mirtazapine (Remeron) before bed might help.