

Recognizing and Managing Shift Work Disorder, an Underdiagnosed Condition: *Improving Quality of Life*

Considerations in Evaluating Patients With Shift Work Disorder

Potential Causes of Excessive Sleepiness and Insomnia

- Medical or neurological problems
- Substance abuse
- Stimulant or sedative medications
- Mood disorders, especially depression
- Hypothyroidism
- Anemia
- Other sleep/wake disorders, particularly:
 - Obstructive sleep apnea
 - Restless legs syndrome
- Pain



Medications Associated With Sleep/Wake Disturbances

- Anticholinergics
- Antihypertensives
- Antihistamines*
- Bronchodilators
- β -blockers
- Decongestants
- Diuretics
- Dopamine agonists*
- Tricyclic antidepressants
- Hypnotics*
- MAO inhibitors
- Phenytoin
- Quinidine
- Selegiline
- SSRIs
- Thyroid hormone
- Xanthines
- Methylphenidate
- Amphetamines
- Opioids
- Anticonvulsants
- Benzodiazepines
- Antipsychotics
- Thalidomide
- Lenalidomide
- Muscle relaxants
- Others

*Causes excessive sleepiness; other listed agents are associated with insomnia; hydrophilic.
MAO = monoamine oxidase; SSRIs = selective serotonin reuptake inhibitors.