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Effects of Fexofenadine and Chlorpheniramine on the polysomnography

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One of the unwanted effects of antihistamines may be sedation and cognitive impairment, but more recent compounds, such as fexofenadine, have been found to be free of impaired performance. However, there is some evidence that fexofenadine possesses stimulant activity. This could limit the usefulness of the drug for nocturnal ingestion. The effects of chlorpheniramine, fexofenadine were studied at steady-state with a crossover design in 8 healthy male subjects. Overnight sleep was measured using polysomnography, and day time sleeps were tested with MSLT; Multiple Sleep Latency Test. Compared with chlorpheniramine increased the sleep efficiency with fexofenadine. Chlorpheniramine increased Phase 1 sleep among total sleep. Chlorpheniramine reduced the duration of REM sleep, but fexofenadine increased REM sleep component. In the MSLT test, fexofenadine did not show significant differences in day time sleeps. These results show chlorpheniramine may be associated with difficulty in falling asleep deeply at night. (2005년 보건복지부 보건의료기술진흥사업: A050584 지원 과제)

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