

Some Brief References for the Impact of Nyquil on Memory

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NyQuil

Malacoff, J.R. (2020, March 4). Can NyQuil Cause memory Loss? Downloaded 11/10/2021 from

[Risks of Taking NyQuil and Other Over the Counter Antihistamine Sleep Aids to Help You Sleep | Shape](#)

Stephanie M. Stahl, MD

"While sleepwalking is not commonly reported with [antihistamine-containing] OTC sleep aids, these medications can cause sedation, confusion, memory lapses, and sleep fragmentation, which can increase the risk of sleepwalking or nocturnal wandering," she explains.

"There is some concern that diphenhydramine [may also negatively impact sleep](#) by reducing REM sleep (or dream sleep)," says Dr. Dimitriu. Lack of [REM sleep](#) can affect your memory, mood, cognitive performance, and even cell regeneration, so this can be pretty problematic.

[JAMA Internal Medicine](#) found that people who took a standard dose of "first-generation antihistamines" (which can include diphenhydramine—the one found in AdvilPM—among other types of antihistamines) approximately once per week over a 10-year period were at an increased risk of dementia. "Just because something is available OTC does not mean that it is safe or effective," says Dr. Stahl.

Nyquil can be very dangerous and even fatal to children, just like any other medication for cold and cough. External Effect: Even if you give Nyquil to your children under the guidance of your doctor, you can expect side effects such as: Dry mouth, Stomach ache, Urinary problems, Drowsiness Excitability.

Parenting Health babies. (2018, April 11). NyQuil for Kids: 11 Serious Side Effects Busted. Retrieved 11/10/2021 from: [Nyquil For Kids: 11 Serious Side Effects Busted \(parentinghealthybabies.com\)](#)

Nyquil can be very dangerous and even fatal to children, just like any other medication for cold and cough. Some of the possible negative impacts for children include more serious side effects such as Tremors, Mental confusion, Hysteria, Hallucinations, headache.

Studies indicate that children between 4 and 6 years old should not receive Nyquil without the consent of a doctor, while children 6 to 12 years old may receive 15 ml or 1 tablespoon of Nyquil every 6 hours. When it comes to giving Nyquil children or any other medication, it is crucial to take safety precautions because it can help prevent many serious problems, including those that are life-threatening. So, the bottom line is that Nyquil is safe for six-year-olds, but the younger ones need a prescription from a doctor.