

■ **Trazodone effectively 'targets' nightmares and insomnia in post-traumatic stress disorder (PTSD)**, comment clinicians from the US. These investigators administered a questionnaire to 60 male patients with a DSM-IV diagnosis of chronic PTSD who were involved in an 8-week, inpatient treatment programme. Trazodone, at a mean daily dosage of 212mg, significantly reduced nightmare frequency from 3.3 to 1.3 nights per week. Of the 55 patients taking trazodone for nightmares, 73% reported moderate-to-significant reductions in nightmares. In addition, a substantial proportion of patients reported that trazodone helped them to fall asleep (92%) or stay asleep (78%).

Warner MD, et al. Survey on the usefulness of trazodone in patients with PTSD with insomnia or nightmares. *Pharmacopsychiatry* 34: 128-131, Jul 2001

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