

Family Medicine Clerkship Plain Language Summary Template

Title: Trazadone use for sleep problems after de-tox and during treatment.

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Plain Language Summary:

Patients often experience trouble sleeping after detox and during inpatient alcohol treatment programs. This is characterized as having trouble falling asleep, waking up multiple times during sleep or the inability to fall into deep sleep. These symptoms of sleep disturbance and insomnia if left untreated without proper support and motivation can lead to alcohol relapse as intake of alcohol tends to fully reverse the symptoms of sleep disturbance often found in abstinence after long-term alcohol use.

As a result, medication is often prescribed for these sleep disturbances by your doctor; the one commonly used being Trazadone. Trazadone, is a non-addictive but very effective drug in helping with sleep problems and insomnia. However, it has been found that Trazadone may be more harmful for patients in alcohol recovery in the time period during Trazadone use, as well as 12 wks after treatment with a higher occurrence of relapse and an even higher increase in alcohol intake when stopped. As a result, the use of trazadone for patients after de-tox or in treatment cannot be recommended with full confidence. This is consistent with the traditional recommendation patients in treatment should avoid all sedative hypnotic medication, such as Trazadone, during recovery.

Additional Resources:

www.niaaa.nih.gov/

www.addict-help.com

alcoholism.about.com

helpguide.org/life/sleep_disorders.htm

www.webmd.com/sleep-disorders

Key Words:

Sleep disturbance, Trazadone, alcohol treatment, recovery, relapse

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