

Insomnia

31-year-old Male



Decision Point One



Trazodone 50 mg po at bedtime

RESULTS OF DECISION POINT ONE

- ☐ Patient returns to clinic in 2 weeks
- ☐ Patient states medication works well but gives him an unpleasant side effect of an erection lasting approximately 15 minutes after waking

- ☐ **Patient states this makes it difficult to get ready for work or go downstairs and have coffee with his girlfriend and daughter in the morning**
- ☐ **Patient denies auditory/visual hallucinations and is future oriented**

Decision Point Two



Explain that an erection lasting 15 minutes is not considered a priapism and should diminish over time, continue with current dose

RESULTS OF DECISION POINT TWO

- ☐ **Patient returns to clinic in 2 weeks**
- ☐ **Patient states priapism has diminished over time**
- ☐ **Patient denies auditory/visual hallucinations and is future oriented**
- ☐ **Patient states trazodone is effective at 50 mg dose but sometimes wakes up following day with next-day drowsiness**
- ☐ **Patient denies auditory/visual hallucinations and is future oriented**

Decision Point Three



Continue dose. Explain to patient he may split the 50 mg tablet in half. The decreased dose should minimize next-day drowsiness.

Follow up in 4 weeks

Guidance to Student

Trazodone is a selective serotonin reuptake inhibitor that has a low side effect profile. It would not be prudent to prescribe Sonata as it carries with it the risk of complex sleep behaviors. Hydroxyzine is an antihistamine with strong sedative properties. However, many patients complain of anticholinergic adverse effects the following morning, such as Xerostomia and Xerophthalmia.

The patient is presenting with excessive somnolence. It would be prudent to reduce the dose of trazodone by 50% and reassess in 4 weeks.

[Start Over](#) ([index.html](#))