



Mid-Valley Behavioral Care Network

1660 Oak Street SE, Suite 230 ▪ Salem, Oregon ▪ 97301
PHONE: (503) 361-2647 ▪ FAX: (503) 585-4989 ▪ www.mvbcn.org

Trazodone

The medication Trazodone is an antidepressant, but is used as a sleep aid. It is helpful for sleep. It takes about an hour to work and it works for about 6-8 hours. It can cause sleepiness as a side effect.

Though it is used as a sleep aid predominantly, it is FDA approved for Major Depressive Disorder.

In men it can cause a rare side effect of priapism. This is an erection that lasts longer than four hours and is associated with pain. This is a RARE side effect, but if you get it, please call your physician or go to your local emergency room. Not treating this condition can result in erectile problems in the future.

In children and adolescents, antidepressants have been shown to increase suicidal thoughts. Certainly untreated depression/anxiety is going to lead to suicidal thoughts more often than treatment. Nevertheless you should be aware of this rare situation. If you begin to develop intrusive suicidal thoughts, please let your physician know or go to an Emergency Room or crisis center.

As an antidepressant Trazodone dosages are upwards of 400-600 mg and take several weeks to treat depression. Yet the sleepy effect of Trazodone is immediate and effective. The usual dosage as a sleep aid is 50-150 mg at night.

Trazodone is generally safe with other medications. As with all treatments, please let your provider know if you are taking other medications. There are no dietary restrictions when taking Trazodone.

There are supplemental ways to improve sleep which include:

- daily exercise
- good sleep hygiene
- melatonin

If you have further questions about this medication, please ask your medical provider or your pharmacist.

Original:	08/2011	Last reviewed:	06/2012				
		Last revised:	08/2011				