

Prazosin for PTSD nightmares

Prazosin may be a reasonable option for some patients with PTSD and nightmares¹, but it should not be the first-line treatment and may be more useful when combined with other therapeutic approaches like CBT.

Given the modest benefits for nightmares and the potential side effects, prazosin could be considered for PTSD-related nightmares, particularly when other treatments have not been effective. However, its use should be weighed against the risks and the availability of other treatment options, such as trauma-focused cognitive behavioral therapy (CBT), which is a strong recommendation for PTSD treatment.

Reference:

1. [Treatment of PTSD Nightmares: Is prazosin a dream come true?](#) TFP #384

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