

# Trazodone Drug Experience for Anxiety and Depression

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I have been on Trazodone 150mg for a week now.

Firstly Trazodone has stopped the awful side effects I was getting from Duloxetine withdrawal – which is great because the nightmares, dizziness, brain zaps and sleep problems were getting to much. So lesson learnt is always do what the doctor tells you.....

Secondly the Trazodone seems to be alleviating my anxiety and depressive moods. I sleep 8 hours a night and have no recollection of any nightmares in the morning.

Thirdly, whilst my head is better the physical effect on my body is significant, getting up is hard work and my whole body aches and is difficult to get started. During the day my joints ache and are slightly ceased, I suspect I am walking like an older man and have to be careful on the stairs. Hopefully this will pass once my body is used to the Trazodone

Trazodone is an older drug and part of the serotonin antagonist and reuptake inhibitor (SARI) group. I assume from the fact it stopped my withdrawal from Duloxetine that it is managing my serotonin levels, but in a slightly different way

So other than the fact my body aches and getting out of bed is so hard, the Trazodone is working. Given the choice between how my head was mentally before and the current physical difficulties, I would opt for taking the Trazodone any day.

Another benefit to me is I have a sense of purpose again, hence all the activity on My Anxiety website and establishing all the social media accounts

[www.myanxiety.co.uk](http://www.myanxiety.co.uk)

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