

Trends in sedative-hypnotic therapy

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We hope you will enjoy this completely peer-reviewed issue on the treatment of sleep disorders. Not many years ago this issue might not have existed, given that zolpidem was likely the answer to every insomnia question. However, not only are there new medication classes to discuss, but new places in therapy where traditional hypnotics may not be the primary agent of choice for sleep. This issue will also present some concepts that were avoided not long ago, such as treatment in pediatric patients, chronic insomnia as insomnia was typically addressed as an acute problem (even though we knew patients were taking medications chronically), and off label uses of antipsychotics and antidepressants as hypnotics. This issue, with its emphasis on sleep therapy in some nontraditional populations, settings, and medications, can serve as an excellent reference for approaching the treatment of insomnia in complex and more straight-forward patients, alike.

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