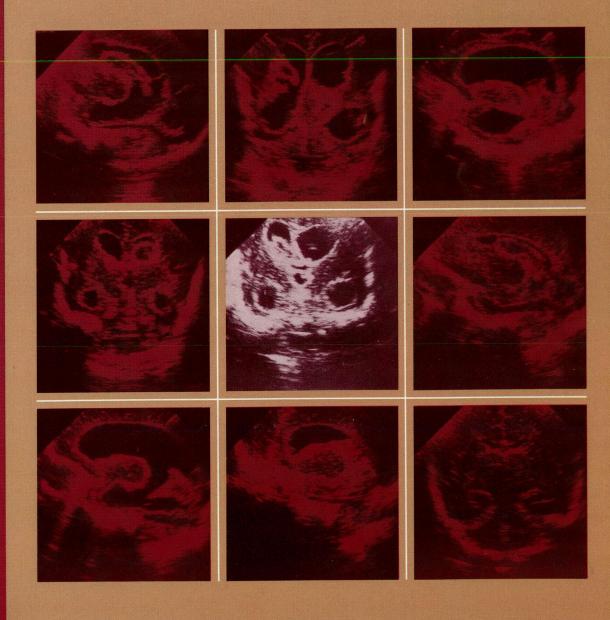
I'HE JOURNAL OF THE AMERICAN OSTEOPATHIC ASSOCIATION

Bulimia: Neuroendocrinologic, familial, and psychologic profiles

Treatment of Darier's disease with isotretinoin

Ultrasonographic evaluation of neonatal intracranial hemorrhage









"Jet lag" is only one cause of transient insomnia.

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Hospitalization for elective surgery, job loss, and bereavement are other possible causes. In fact, according to a panel of sleep experts convened by the National Institute of Mental Health (NIMH), transient insomnia may be caused by acute situational stress lasting several days, whereas short-term insomnia is usually related to excessive stress associated with work or family life and may last up to three weeks.

HALCION provides the recommended therapeutic profile. When drug therapy is elected as appropriate in the total management of transient or short-term insomnia, the NIMH panel stated that benzodiazepines are preferred; they recommended a small dose of a rapidly eliminated hypnotic for the shortest clinically necessary period of time. HALCION, with a 2.6-hour mean elimination half-life, meets the panel's recommendations.

HALCION provides a full duration of sleep... In a double-blind, crossover study¹ comparing the effects of HALCION 0.5 mg tablets with placebo in ten healthy volunteers whose sleep was shifted to daytime hours, HALCION significantly (P<0.01) improved the total sleep time (+50.6 minutes).

...and better alertness after awakening. In another study,² the effects of HALCION 0.5 mg and flurazepam 30 mg on alertness after a 12-hour shift in sleep-wake schedule were compared in normal sleepers. Subjects taking HALCION did not show an increase in sleep tendency during the awake period of the study, while the flurazepam subjects demonstrated a significant increase in sleepiness compared with baseline. This difference was statistically significant (P < 0.05).

Patients should be cautioned against engaging in hazardous tasks that require mental alertness (operating machinery or driving a motor vehicle) while taking benzodiazepines.

triazolam (V

Helps meet both goals of insomnia therapy

