Antidepressants for Insomnia - Cochrane Review

Hazel Everitt¹, David Baldwin¹, Andrew Mayers², Andrea Malizia³, Gosia Lipinska⁴, Sue Wilson⁵

¹University of Southampton, ²University of Bournemouth, ³University of Bristol, ⁴University of Cape Town, ⁵Imperial College, London

Objective
To assess the effects, safety and tolerability of Antidepressants for Insomnia in adults.

Background
Insomnia is common, 10-38% of the general population report sleep problems in the last year. Antidepressants are widely prescribed for insomnia despite being unlicensed for this use, and limited evidence for their effectiveness in insomnia.

Method
Types of studies
Randomised controlled trials (RCTs) including cluster and cross-over RCTs.

Types of participants
Adults (aged 18 or over with no upper age limit) with a primary diagnosis of insomnia.

Types of interventions
• Any antidepressant as monotherapy including all doses.
• Antidepressants organised into classes: Selective serotonin reuptake inhibitors (SSRIs); Tricyclic antidepressants; Heterocyclic antidepressants; MAOIs; Other antidepressants.

Comparator interventions
• Placebo
• Other medications for insomnia (e.g. benzodiazepines, ‘Z’ drugs).
• A different antidepressant.
• Waiting list control or treatment as usual.

Outcome measures
Primary outcomes
1. Efficacy: any subjective improvement in sleep quality or satisfaction with sleep, total sleep duration, sleep onset latency (time taken to fall asleep), number of nocturnal awakenings or total nocturnal awakening time or sleep efficiency (ratio of time asleep over time in bed).
2. Safety: number and type of spontaneously reported and measured adverse events, including reports of toxicity.

Secondary outcomes
3. Objective measures of change in sleep (e.g. EEG data).
4. Tolerability: reported information on tolerability (e.g. problems with daytime drowsiness, dropout rates).
5. Effect on daytime symptoms/functioning.

Search methods for identification of studies
We will search OVID MEDLINE, EMBASE, PsycINFO and the Cochrane Central Register of Controlled Trials (CENTRAL). No language or date restrictions applied.


Progress
• Searching revealed 3737 studies for screening.
• These have been first screened on title and abstract by 2 authors and 209 have progressed to second screening on full paper.
• Second screening is ongoing and data extraction has commenced.

The National Institute for Health Research School for Primary Care Research (NIHR SPCR) is a partnership between the Universities of Birmingham, Bristol, Keele, Manchester, Nottingham, Oxford, Southampton and University College London.

This poster summarises independent research funded by the National Institute for Health Research School for Primary Care Research. The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.