

# Antidepressants for Insomnia - Cochrane Review

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## 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 (eg 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.

**Reference:** Antidepressants for insomnia (Protocol). Everitt H, Baldwin DS, Mayers A, Malizia AL, Wilson S. Cochrane Database of Systematic Reviews 2013, Issue 10. Art. No.: CD010753. DOI: 10.1002/14651858.CD010753.

## 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.

## School for Primary Care Research

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