TITLE: Non-Pharmacological Therapies for the Treatment of Insomnia in Adults: Clinical Evidence and Guidelines

DATE: 29 April 2013

RESEARCH QUESTIONS

1. What is the clinical evidence regarding the use of non-pharmacological therapies for the treatment of insomnia in adults?

2. What are the evidence-based guidelines regarding the use of non-pharmacological therapies for the treatment of insomnia in adults?

KEY MESSAGE

Twelve systematic reviews and meta-analyses, 31 randomized controlled trials, and one evidence-based guideline were identified regarding non-pharmacological therapies for the treatment of insomnia in adults. Due to the volume of literature identified, only citations published between 2011 and 2013 were included.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2013, Issue 4), University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, and guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2008 and April 23, 2013. Internet links were provided, where available.

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are

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presented first. These are followed by randomized controlled trials and evidence-based guidelines.

Twelve systematic reviews and meta-analyses, 31 randomized controlled trials, and one evidence-based guideline were identified regarding non-pharmacological therapies for the treatment of insomnia in adults. Additional references of potential interest are provided in the appendix. Due to the volume of literature identified, citations published between 2011 and 2013 were included.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses


Randomized Controlled Trials

Cognitive, Cognitive Behavioural, or Behavioural Interventions


Non-pharmacological Therapies for the Treatment of Insomnia


Physical Interventions


Herbal or Food Supplements


Other Interventions


Guidelines and Recommendations

44. American Medical Directors Association (AMDA). Sleep disorders. Columbia (MD): American Medical Directors Association (AMDA); 2006. Note: This guideline was reaffirmed for currency by the developer in 2011 Note: The original guideline is available for purchase only NGC Summary: http://www.guideline.gov/content.aspx?id=9381&search=insomnia

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APPENDIX – FURTHER INFORMATION:

Review Articles


Additional References