TITLE: Sleep Medications for Adults Diagnosed with Insomnia: Clinical Evidence and Harms

DATE: 29 April 2013

RESEARCH QUESTIONS

1. What are the clinical harms associated with the use of sleep medications for adults diagnosed with insomnia?

2. What is the clinical evidence regarding the potential for dependence with the use of sleep medications for adults diagnosed with insomnia?

KEY MESSAGE

Five systematic reviews and meta-analyses, 19 randomized controlled trials, and eight observational studies were identified regarding potential harms and dependence with the use of sleep medications for adults diagnosed with insomnia.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2013, Issue 3), 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 non-randomized studies. 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 24, 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 non-randomized studies.

Five systematic reviews and meta-analyses, 19 randomized controlled trials, and eight observational studies were identified regarding potential harms and dependence with the use of sleep medications for adults diagnosed with insomnia. No relevant health technology assessments were identified. Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses


Randomized Controlled Trials


PubMed: PM22197474

PubMed: PM21392474

PubMed: PM21966075

PubMed: PM21306209

PubMed: PM21107748

PubMed: PM20175406

PubMed: PM21102997


Non-Randomized Studies


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APPENDIX – FURTHER INFORMATION:

Case Series


Review Articles


Additional References


