



## Therapeutic Class Review<sup>SM</sup>

### Sedative Hypnotics Update

September 2006

#### Products for Review

Eszopiclone (Lunesta<sup>®</sup>) [Sepracor]

Ramelteon (Rozerem<sup>™</sup>) [Takeda]

Zaleplon (Sonata<sup>®</sup>) [King Pharmaceuticals]

Zolpidem (Ambien<sup>®</sup>) [Sanofi-Synthelabo]

Zolpidem MR (Ambien CR<sup>™</sup>) [Sanofi-Synthelabo]

#### Dossier Provided by Manufacturer:

**Dossier Evaluation:** 2

**Dossier Evaluation:** 2

**Dossier Evaluation** 1

**Dossier Evaluation:**

**Dossier Evaluation:** 2

1- dossier w/missing components

2- all components present, except pharmacoeconomic model

3- all components present (comprehensive)

#### Executive Summary

- Although very heavily promoted and advertised, medications for sleep have:
  - Demonstrated only modest differences from placebo in patients with primary insomnia.
  - Have not been shown to improve adverse health effects that may be related to insomnia.

#### Evidence

- All available evidence is uncertain (Grade U) or not useful (Grade X).
- There is no valid evidence to suggest that ramelteon (Rozerem), zolpidem MR (Ambien CR), zolpidem (Ambien), zaleplon (Sonata), or eszopiclone (Lunesta) improve health outcomes or have greater clinical value than preferred alternatives such as short-acting benzodiazepines.
- There are no long term trials that assess potential risks and harms of these agents or address post-marketing reports.

#### Decision

- Ramelteon (Rozerem), zolpidem (Ambien), zolpidem MR (Ambien CR), eszopiclone (Lunesta), zaleplon (Sonata) are non-preferred/non-formulary because:
  - There is no useful evidence that these agents are safer and more effective than benzodiazepines.
  - There are no long term trials assessing the potential risks of the long term use of these agents.
  - There are no published trials indicating improved patient outcomes with the use of these agents.

## Products

Drug Products	FDA approval <sup>a</sup>	FDA approved indications	Usual Dose/Route	Potential Off-label Uses <sup>c</sup>
temazepam (Restoril)	2/81	Short-term treatment of insomnia	7.5 mg to 30 mg orally at bedtime	Long-term treatment of insomnia, fibromyalgia, pain, anxiety
triazolam (Halcion)	11/82	Short-term treatment of insomnia	0.125 mg to 0.25 mg orally at bedtime	Long-term treatment of insomnia, fibromyalgia, pain, anxiety
zolpidem (Ambien)	12/92	Short-term treatment of insomnia	5 mg to 10 mg orally at bedtime	Long-term treatment of insomnia, fibromyalgia, pain, anxiety
zaleplon (Sonata)	3/99	Short-term treatment of insomnia	5 mg to 10 mg orally at bedtime	Long-term treatment of insomnia, fibromyalgia, pain, anxiety
eszopiclone (Lunesta)	12/04	Treatment of insomnia	1 mg to 3 mg orally at bedtime	Treatment of fibromyalgia, pain, anxiety
ramelteon (Rozerem)	7/05	Treatment of insomnia	8 mg orally at bedtime	Treatment of fibromyalgia, pain, anxiety, shift-work disorder, jet-lag
zolpidem (Ambien CR)	9/05	Treatment of insomnia	12.5 mg orally at bedtime	Treatment of fibromyalgia, pain, anxiety

<sup>a</sup> Date applies to approval date for the original brand name medication where there are now generics available.

<sup>c</sup> As listed in © 1974 - 2005 Thomson MICROMEDEX database or as referenced.

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