

Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians

The full report is titled "Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians." The authors are A. Qaseem, D. Kansagara, M.A. Forciea, M. Cooke, and T. Denberg, for the Clinical Guidelines Committee of the American College of Physicians.

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What is chronic insomnia disorder?

Insomnia is a common health problem. People with insomnia may not get enough sleep or may have poor-quality sleep. They can also have trouble falling or staying asleep. In addition to feeling tired, people with insomnia can have

- Trouble concentrating
- Mood changes
- Other problems in day-to-day life.

People have chronic insomnia disorder when they have symptoms at least 3 nights per week for at least 3 months.

How is insomnia treated?

There are different options for treating chronic insomnia. These can include non medicine options, medicines, or both.

- *Non medicine treatment:* There are many types of non medicine options. These can include acupuncture and other therapies. A common treatment is cognitive behavioral therapy for insomnia (CBT-I). This includes talk therapy and improving sleep habits. CBT-I can be offered in different forms, such as
 - One-on-one or in groups
 - Via telephone or the Internet
 - Through books.
- *Medicines:* Many types of prescription and over-the-counter medicines can be used to treat insomnia. Prescription medicines should only be given for a short amount of time, usually 4 to 5 weeks.

What are the benefits and harms of insomnia treatments?

Treatments for insomnia can help improve sleep and other insomnia-related symptoms. However, these treatments may also have harms.

- *Non medicine talk/behavior therapy:* Harms related to CBT-I are very rare.
- *Medicines for insomnia:* Side effects from medicines can be minor or very serious.
 - Minor side effects can include feeling drowsy, lightheaded, and dizzy.
 - Serious side effects can include fractures from falls, dementia symptoms, depression that gets worse over time, and impaired driving.
- *Alternative treatments:* There is not enough research to determine benefits and/or harms related to complementary or alternative treatments for insomnia. Talk to your doctor before trying any of these treatments.

Who developed these recommendations?

The American College of Physicians (ACP) developed guidelines for the treatment of chronic insomnia. Members of ACP are internists, physicians who specialize in the care of adults.

What does the ACP recommend that patients and physicians do?

After reviewing research and studies on insomnia treatment, ACP recommends the following:

- All adult patients should receive CBT-I as the first step in treating chronic insomnia.
- If CBT-I alone does not help to improve insomnia, patients and clinicians should discuss medicines. Clinicians and patients should make a decision together after discussing the benefits, harms, and costs of medicines.