

AMB Order Panel: Insomnia 65+

Content:

- INSOMNIA (AGE 65 YEAR+)

Orders:

- Melatonin 1mg qhs
- Melatonin 3mg qhs
- Melatonin 3mg qhs prn insomnia
- Melatonin 5mg qhs
- Melatonin 6mg qhs
- Melatonin 10mg qhs (Parkinson's disease or dementia with Lewy bodies if not responding to lower doses)
- Ramelteon 8mg qhs
- Trazodone 12.5mg qhs
- Mirtazapine 3.75 - 7.5mg qhs (if insomnia + depression/anxiety. Avoid if BMI>30)

Sleep hygiene measures:

- Maintain routine for regular rising and bedtime
- Get adequate exposure to sunlight or bright light during the day
- Regular physical activity during the day
- Avoid daytime naps and limit these to 20-30 min
- Avoid caffeine in afternoon and evening
- Optimize sleep environment (comfortable temperature, quiet and darkness)
- Do not use bed for eating or watching TV
- Avoid TV and electronics at least 1 hour before bedtime
- Relax mentally before bedtime, do not use bedtime as worry time
- Limit or avoid alcohol in the evening
- If unable to fall asleep within 30 minutes, get out of bed and perform soothing activity such as listening to soft music or light reading (but avoid exposure to bright light)

AVOID!!!

- diphenhydramine eg benadryl, tylenol PM (highly anticholinergic, delirium, cognitive impairment, falls)
- trazodone (QT prolongation, orthostatic hypotension)
- benzodiazepines (cognitive impairment, delirium, falls, MVAs)
- zolpidem (cognitive impairment, falls, MVAs)
- amitriptyline (highly anticholinergic)
- doxepin (highly anticholinergic)
- belladonna (available on amazon!)

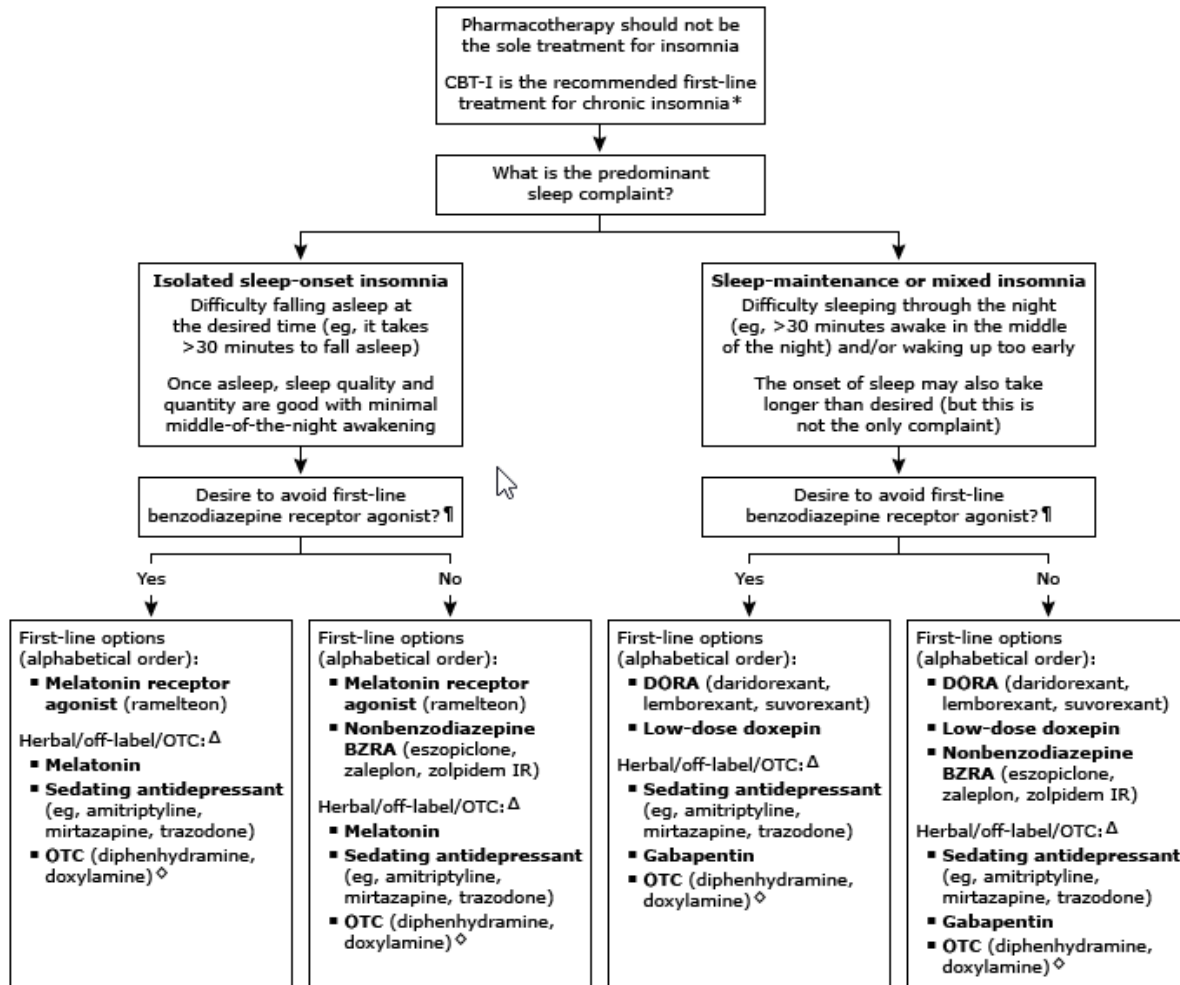
References:

American Geriatrics Society (Geriatrics review syllabus, 2022)
AGS Beer's criteria

AMB Order Panel: Insomnia 65+

Insomnia in Adults:

Overview of pharmacotherapy for insomnia in adults



AMB Order Panel: Insomnia 65+

Nonbenzodiazepine benzodiazepine receptor agonists (BZRAs) in the management of insomnia in adults

Nonbenzodiazepine	Clinical use*	Preparations (brand name)	Adult dose (initial) [¶]	Adult dose (max)	Dose in older adults (≥65 years)	Half-life (hours)	Potential for drug interactions ^Δ
Eszopiclone	Sleep onset or sleep maintenance insomnia	Tablet (Lunesta)	1 mg	3 mg	1 to 2 mg	Intermediate (6)	Moderate Eszopiclone is metabolized in part by CYP3A4
Zaleplon	Sleep onset insomnia	Capsule (Sonata)	5 mg	20 mg	5 mg	Short (1)	Low
Zolpidem	Sleep onset or sleep maintenance insomnia	Tablet (Ambien), sublingual tablet (Edluar), oral liquid (Zolpimist; 5 mg per spray)	Males 5 to 10 mg Females 5 mg	10 mg	5 mg	Short (1.4 to 4.5)	Low to moderate Zolpidem is metabolized in part by CYP3A4 Metabolized more slowly by females, particularly with age
Zolpidem extended release	Sleep onset or sleep maintenance insomnia	Coated tablet (Ambien CR)	Males 6.25 to 12.5 mg Females 6.25 mg	12.5 mg	6.25 mg	Intermediate (1.6 to 4 [◇])	
Zolpidem middle of the night	Sleep maintenance insomnia (middle of the night)	Sublingual tablet (Intermezzo; 1.75 mg, 3.5 mg)	Males 3.5 mg Females 1.75 mg	3.5 mg	1.75 mg	Short (1.4 to 4.5)	
Zopiclone (not available in the United States)	Sleep onset or sleep maintenance insomnia	Tablet	3.75 mg	7.5 mg	3.75 mg	Intermediate (5 to 7)	Moderate Zopiclone is metabolized by CYP2C8 and 3A4

* Appropriate clinical uses may differ from the US Food and Drug Administration (FDA)-approved indication(s) for a given drug.

¶ Initiate treatment using lowest dose shown for those with low body weight, debilitated patients, and those receiving treatment with opioid analgesics or other central nervous system or cardiorespiratory depressants.