## Hypnotics
### Preferred Drug Step Therapy

<table>
<thead>
<tr>
<th>Covered (Preferred/Formulary) Medications</th>
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<tbody>
<tr>
<td>• Generic estazolam</td>
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<tr>
<td>• Generic flurazepam</td>
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<tr>
<td>• Generic temazepam</td>
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<tr>
<td>• Generic triazolam</td>
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<tr>
<td>• Generic zaleplon</td>
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<td>• Generic zolpidem</td>
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### What they do and how they are used

- Insomnia is a disorder characterized by a variety of sleep abnormalities that adversely affect an individuals’ ability to function on a daily basis. Some of those sleep abnormalities include an inability or difficulty to fall asleep or even stay asleep. Further, even if an individual is able to fall asleep and stay asleep, he or she may experience poor sleep quality.
- When assessing whether an insomnia treatment is effective, generally 4 parameters are focused upon. Those parameters are the time required for a patient to fall asleep, the ability of the patient to fall asleep, the amount of time a patient stays asleep, the quality of the patients sleep, and finally, the ability of the patient to function the day following treatment.
- Transient (short-term) insomnia may last from a few days to 3 weeks. In transient insomnia, 7-10 nights of hypnotic drug therapy may be sufficient and treatment generally is not needed for greater than 3 weeks.
- The traditional hypnotics (estazolam, flurazepam, quazepam, temazepam, and triazolam) are benzodiazepines, indicated for the short-term treatment of insomnia.
- Patients with chronic persistent insomnia, which can last for months or years, may experience insomnia up to 4 nights per week. Some chronic persistent insomnia patients may experience nightly episodes of insomnia that requires nightly therapy.
- Zaleplon (Sonata<sup>®</sup>), zolpidem (Ambien<sup>®</sup>) and eszopiclone (Lunesta<sup>®</sup>) are sedative-hypnotic agents also indicated for the treatment of insomnia but are structurally unrelated to the benzodiazepines. They act at receptors adjacent to benzodiazepine receptors to exert their hypnotic action in treating insomnia.
- Ramelteon (Rozerem<sup>®</sup>) differs in its mechanism of action in that it has no affinity for the GABA receptor where the benzodiazepines or other sedative hypnotics bind. It is thought that ramelteon binds to and stimulates melatonin receptors to contribute to sleep-promoting properties just as endogenous melatonin maintains the circadian rhythm of the normal sleep-wake cycle.
- Ambien CR<sup>®</sup> is used in the treatment of insomnia characterized by difficulties with sleep onset and/or sleep maintenance (experienced as frequent awakenings after sleep onset). Ambien CR™ at a dose of 12.5 mg appears to achieve similar blood concentrations over time as a 10 mg dose of zolpidem. Ambien CR™ at a dose of 12.5 mg appears to achieve similar blood concentrations over time as a 10 mg dose of zolpidem.
- Zaleplon (Sonata<sup>®</sup>) is indicated for the short-term treatment of insomnia. It is an agent with a very short half life and therefore its place in therapy is limited to patients who require assistance in falling asleep. It has not been shown to benefit patients who have frequent awakenings or a short duration of total sleep time.
- Lunesta<sup>®</sup> was shown to be effective in reducing time to sleep onset and maintaining sleep in patients with both transient and chronic nightly insomnia.
- Rozerem<sup>®</sup> is indicated for the treatment of insomnia characterized by difficulty with sleep onset.
- Zolpimist™ is indicated for the short-term treatment of insomnia characterized by difficulties with sleep onset. Zolpimist™ is available in a metered dose pump container of 60 actuations. One and two actuations are equal to 5 mg and 10 mg, respectively and the spray is considered bioequivalent to oral zolpidem tablets.

### Benefit design

This plan design covers generic hypnotics. Benefit coverage for prescriptions for Ambien CR™, Lunesta<sup>®</sup>, and Rozerem are determined through a coverage review process.

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**Rationale for coverage authorization**

To limit coverage for non-formulary hypnotic to situations where a formulary agent cannot be used.

**References**