

JAMA Psychiatry

RCT: Patient Self-Guided Interventions to Reduce Sedative Use and Improve Sleep

POPULATION

203 Males, 362 Females



Adults aged ≥ 65 y with long-term benzodiazepine receptor agonists (BZRA) use for insomnia

Mean (range) age, 72.1 (65-92) y

INTERVENTION

580 Individuals randomized



195 Sleepwell

Mailed booklets titled "How to Stop Sleeping Pills" and "How to Get Your Sleep Back"

193 EMPOWER

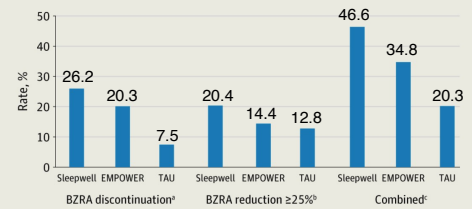
Mailed booklets titled "You May Be at Risk" and "How to Get a Good Night's Sleep Without Medication"

192 Treatment as usual

No package

FINDINGS

Sleepwell and EMPOWER had higher discontinuation rates than treatment as usual ($P < .001$). The combined rate of discontinuation and dose reduction of 25% or greater was higher with Sleepwell compared with EMPOWER ($P = .02$).



Reduced BZRA use

Sleepwell, 46.6% (50 stopped and 39 reduced of 191 individuals)

EMPOWER, 34.8% (38 stopped and 27 reduced of 187 individuals)

Treatment as usual, 20.3% (14 stopped and 24 reduced of 187 individuals)

SETTINGS / LOCATIONS



Single Canadian province

PRIMARY OUTCOME

BRZA discontinuation rate (without other sedative use)

Gardner DM, Turner JP, Magalhaes S, Rajda M, Murphy AL. Patient self-guided interventions to reduce sedative use and improve sleep: the YAWNS NB randomized clinical trial. *JAMA Psychiatry*. Published online September 18, 2024. doi:10.1001/jamapsychiatry.2024.2731

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