



Abstract Title: It's no dream: Sleepwell without sleeping pills.

David Gardner
Department of Psychiatry
College of Pharmacy
Dalhousie University

Tulayla Katmeh
College of Pharmacy
Dalhousie University

Sarah Abidali
College of Pharmacy
Dalhousie University

Andrea Murphy
College of Pharmacy
Dalhousie University

Introduction/Background

Sleeping pills (hypnotics) have limited effectiveness and are associated with serious hazards, especially in older adults, yet are used extensively across the ages. Adverse effects include unsteadiness, falls, accidents, next day physical and mental impairments, cognitive dysfunction with long-term use, dependence, and death. The individual and societal risks, based on their current patterns of use, outweigh their benefits. Cognitive-behaviour therapy for insomnia (CBTi) is now recommended first-line in recent practice guidelines based on its superior efficacy and safety, with hypnotics officially reserved as a second-line adjunct to CBTi. However, for health providers and people with insomnia CBTi is unfamiliar and access presents a barrier.

Purpose

To introduce and raise awareness of Sleepwell, an initiative to increase the use of CBTi and reduce hypnotic use and associated harms across the population.

Approach

Sleepwell supports the implementation of evidence-based, self-help resources, of various formats (e.g., book, internet, app), to manage insomnia and reduce the use of sleeping pills. Our scoping reviews on hypnotics and CBTi and a rapid realist review on policies for reducing hypnotic use have informed Sleepwell's development. We collaborate nationally with other groups with similar interests and we represent Atlantic Canada as executive members of the Canadian Deprescribing Network. Development and dissemination of Sleepwell's content, resources, and recommendations are occurring via multiple collaborative exercises. These include collaboration with community and senior's organizations, academic and public presentations, sharing across our academic and professional networks, and promoting Sleepwell through the actions and materials of our colleagues and collaborators. We are working to expand this to other organizations and initiatives (e.g., Canadian Sleep Society; Choosing Wisely Canada). As part of the

initiative's evolution, we are comprehensively updating and expanding Sleepwell's tools, resources, recommendations, and web-content.

Outcomes

Target outcomes are measures of CBTi and hypnotic use. This will include interim measures: knowledge, attitudes, and behaviours of practitioners, patients, and the public related to CBTi and hypnotics for insomnia.

Conclusion

CBTi represents a paradigm shift away from the traditional treatment of insomnia in primary care. Sleepwell acts as the knowledge translation vehicle, or gateway, needed to facilitate behaviour change leading to reduced hypnotic use and increased CBTi use. An integrated approach involving health providers, community organizations, and innovative health promotion methodologies and partnerships is needed to achieve Sleepwell's objectives.

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