



NewTherapiesSubgroup



Date of original recommendation: 23rd September 2008

Date Re-reviewed: 21st October 2014

Melatonin 2mg MR tablets (Circadin®▼) for the treatment of primary insomnia characterized by poor quality sleep in patients who are aged 55 years or over.

The Interface Prescribing and New Therapies Subgroup discussed the above drugs at a meeting on the 21st October 2014. The recommendation of this subgroup is as follows:*

The Interface Prescribing and New Therapies Subgroup of the GMMMG considered the use of melatonin for primary insomnia.

The group does not recommend the routine use of melatonin for the treatment of primary insomnia characterized by poor quality sleep in patients who are aged 55 years or over.

The group noted the limited efficacy, short term data and lack of comparative data. The group recommends that prior to considering any medication for primary insomnia practitioners should review patient's lifestyles and behaviours to improve 'sleep hygiene'. If medication is required then short term (not >3 weeks) courses of more established therapies should be used first.

According to set criteria use of melatonin was deemed to be a low priority for funding.

Review date: September 2019

* Unless superseded by NICE guidance or substantial and significant new evidence becomes available.

▼ Newly marketed drugs and vaccines are intensively monitored for a minimum of two years, in order to confirm the risk / benefit profile of the product. Healthcare professionals are encouraged to report all suspected adverse drug reactions regardless of the severity of the reaction.