

Priority Topic: **INSOMNIA**

Key Features:

1. In patients presenting with [sleep complaints](#), take a careful history to [distinguish insomnia](#) from specific psychiatric diagnoses or other sleep-related diagnoses (e.g. [sleep apnea](#), [periodic limb movements](#), [restless legs syndrome](#), [sleepwalking](#), sleep talking).

What you should study:

- ✓ Management of common sleep disorders AAFP 2013
- ✓ Dx and Tx of OSA in Ad ults AAFP 2016
- ✓ Common sleep disorders in children AAFP 2014
- ✓ Insomnia in the clinic AIM 2014
- ✓ L'insomnie – quoi de neuf dans le DSM-5? MduQ 2014
- ✓ Nocturnal Leg Cramps AAFP 2012
- ✓ Obstructive Sleep Apnea AIM 2014
- ✓ OSA Assessment Sheet – STOP-BANG
- ✓ American Academy of Sleep Med Guidelines 2017
- ✓ Comment traiter le syndrome des jambes sans repos MduQ 2011
- ✓ Le syndrome des jambes sans repos MduQ 2014

2. When assessing patients with sleep complaints:

- a) Obtain a collateral history from the bed partner or parents , if possible and appropriate.
- b) Assess the contribution of drugs (prescription, over-the-counter, recreational), caffeine, and alcohol.

What you should study:

- ✓ Quand le ronflement fatigue MduQ 2014

3. In all patients with insomnia:

- a) Provide appropriate advice about sleep hygiene (e.g. limiting caffeine, naps, and screen time, following regular sleep schedule, limiting bedroom activities to sleep and sex).
- b) Offer other non-pharmacological options, such as cognitive behavioural therapy.

What you should study:

- ✓ Nonpharmacologic management of chronic insomnia AAFP 2014
- ✓ L'insomnie CBT MduQ 2014

4. When initiating sleep medications :

- a) Educate the patient about risks and discuss these medications' time-limited effects.
- b) Use hypnotic medications judiciously (e.g. prescribe only when disordered sleep has a severe impact on function, and only with a clear indication).
- c) Negotiate a reduction and cessation plan with the patient.

What you should study:

- ✓ Insomnia – pharmacologic therapy AAFP 2017
- ✓ Prescrire les hypnotiques MduQ 2014

5. When a patient with a long-term history of using sleep medication presents for renewal of their prescription, reassess, educate, and discuss tapering and alternative therapies.

What you should study:

- ✓ Withdrawing Benzodiazepines in Primary Care CNS 2009
- ✓ Benzodiazepines