

Non-Preferred Sedative Hypnotic Agents for Insomnia

Override(s)	Approval Duration
Prior Authorization Quantity Limit	1 year

Medications	Comments	Quantity Limit
eszopiclone (generic Lunesta) 1mg, 2mg, 3mg tablets	Preferred all states except CA, CO	May be subject to quantity limits
zolpidem (generic Ambien) 5mg, 10mg tablets	Preferred all states	
Doxepin 3mg, 6mg tablets	Non-Preferred	

APPROVAL CRITERIA

Requests for a non-preferred sedative hypnotics agent for insomnia may be approved if the following criteria are met:

- I. Individual has had a trial (medication samples/coupons/discount cards are excluded from consideration as a trial) and inadequate response or intolerance to two preferred agents (except CA, CO where only one agent is preferred);

Preferred agent all states except CA, CO: eszopiclone (generic Lunesta)

Preferred agent all states: zolpidem (generic Ambien)

OR

- II. Doxepin may be approved for individuals with a history of substance abuse disorders (AASM 2008, SAMHSA 2014).

Key References:

1. Clinical Pharmacology [database online]. Tampa, FL: Gold Standard, Inc.: 2021. URL: <http://www.clinicalpharmacology.com>. Updated periodically.
2. DailyMed. Package inserts. U.S. National Library of Medicine, National Institutes of Health website. <http://dailymed.nlm.nih.gov/dailymed/about.cfm>. Accessed: April 13, 2021.
3. DrugPoints® System [electronic version]. Truven Health Analytics, Greenwood Village, CO. Updated periodically.
4. Lexi-Comp ONLINE™ with AHFS™, Hudson, Ohio: Lexi-Comp, Inc.; 2021; Updated periodically.
5. SAMHSA (Substance Abuse and Mental Health Services Administration) In Brief. Treating sleep problems of people in recovery from substance use disorders. Fall 2014; 8 (2): 1-8. Available from: <https://store.samhsa.gov/shin/content/SMA14-4859/SMA14-4859.pdf>. Accessed March 24, 2020.
6. Sateia MJ, Buysse DJ, Krystal AD, et.al. Clinical Practice Guideline for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. *J Clin Sleep Med*. 2017; 13(2): 307-349.
7. Schutte-Rodin S, Broch L, Buysse D, Dorsey C, Sateia M. Clinical Guideline for the Evaluation and Management of Chronic Insomnia in Adults. *J Clin Sleep Med*. 2008; 4(5): 487-504.

Federal and state laws or requirements, contract language, and Plan utilization management programs or policies may take precedence over the application of this clinical criteria.

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