

Non-Preferred Sedative Hypnotic Agents for Insomnia

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

| Medications | Comments | Quantity Limit |
|---|--|-----------------------------------|
| Estazolam 1mg, 2mg tablets | Preferred all states except CA (IND,SG), CO | May be subject to quantity limits |
| eszopiclone (generic Lunesta) 1mg, 2mg, 3mg tablets | Preferred all states except CA IND, CO | |
| ramelteon (generic Remeron) 8mg tablets | Preferred all states except CA (IND, SG), CO | |
| flurazepam 15mg 30mg capsules | Preferred all states except CA (IND, SG), CO, KY, MO, NH | |
| temazepam (generic Restoril) 7.5mg, 15mg, 22.5mg, 30mg capsules | Preferred all states | |
| triazolam (generic Halcion) 0.125mg, 0.25mg | | |
| zaleplon (generic Sonata) 5mg, 10mg capsules | | |
| zolpidem (generic Ambien) 5mg, 10mg tablets | | |
| zolpidem ER (generic Ambien CR) 6.25mg, 12.5mg | | |

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|--------------------------|---------------|--|
| Doxepin 3mg, 6mg tablets | Non-Preferred | |
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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 and inadequate response or intolerance to two preferred agents where covered. Medication samples/coupons/discount cards are excluded from consideration as a trial.;

Preferred agents: estazolam, eszopiclone (generic Lunesta), flurazepam, ramelteon (generic Rozerem), temazepam (generic Restoril), triazolam (generic Halcion), zaleplon (generic Sonata), zolpidem (generic Ambien), zolpidem ER (generic Ambien CR)

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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