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, CA 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, CA SG, CO	
flurazepam 15mg 30mg capsules	Preferred all states except CA IND, CA SG, CO, KY, MO, NH	
temazepam (generic Restoril) 7.5mg, 15mg, 22.5mg, 30mg capsules 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	Preferred all states	

Ambien (brand) 5mg, 10mg tablets Ambien CR (brand) 6.25mg, 12.5mg extended-release tablets Belsomra 5mg, 10mg, 15mg 20mg tablets Dayvigo 5mg, 10mg tablets Doral (brand and generic) 15mg tablets Doxepin 3mg, 6mg tablets Edluar 5mg, 10mg sublingual tablets Estazolam 1mg, 2mg tablets (CA IND, CA SG, CO only) eszopiclone (generic Lunesta) 1mg, 2mg, 3mg tablets (CA IND, CO only) flurazepam 15mg 30mg capsules (CA IND, CA SG, CO, KY, MO, NH only) Halcion (brand) 0.125mg, 0.25mg Intermezzo (brand and generic) 1.75mg, 3.5mg sublingual tablets Lunesta (brand) 1mg, 2mg, 3mg tablets Quviviq 25mg, 50mg tablets ramelteon (generic Remeron) 8mg tablets (CA IND, CA SG, CO only) Restoril (brand) 7.5mg, 15mg, 22.5mg, 30mg Rozerem (brand) 8mg tablets	Non-Preferred	

Silenor (brand and generic) 3mg, 6mg tablets Sonata (brand) 5mg, 10mg capsules Zolpidem 7.5mg capsules Zolpimist 5mg/actuation solution		

* may be subject to Prior Authorization

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 (non-formulary in CA IND, CA SG, CO), eszopiclone (generic Lunesta) (non-formulary in CA IND, CO), flurazepam (non-formulary in CA IND, CA SG, CO, KY, MO, NH), ramelteon (generic Rozerem) (non-formulary in CA IND, CA SG, CO), 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. American Board of Internal Medicine (ABIM) Foundation. American Geriatrics Society *Choosing Wisely*® Initiative. Available from: https://www.healthinaging.org/sites/default/files/pdf/Choosing.Wisely.Ten_.Things.pdf. Released: February 21, 2013, Reviewed 2021. Accessed April 4, 2024.
2. The American Geriatrics Society. American Geriatrics Society 2023 Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. *J Am Geriatr Soc*. 2023;71:2052-2081. Available from: https://agsjournals.onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.18372. Accessed April 5, 2024.

3. DailyMed. Package inserts. U.S. National Library of Medicine, National Institutes of Health website. http://dailymed.nlm.nih.gov/dailymed/about.cfm. Accessed: April 5, 2024.
4. DrugPoints® System [electronic version]. Truven Health Analytics, Greenwood Village, CO. Updated periodically.
5. Lexi-Comp ONLINE™ with AHFS™, Hudson, Ohio: Lexi-Comp, Inc.; Updated periodically.
6. National Sleep Foundation. "Melatonin and Sleep." 2024. Accessed on: April 5, 2024. https://www.sleepfoundation.org/articles/melatonin-and-sleep
7. 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 April 5, 2024.
8. 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. Accessed April 4, 2024.
9. 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. Accessed April 5, 2024.

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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