

## Pharmacological Management of Non-REM Parasomnia

**Note:** Treatments noted in this pathway are **IMOC Amber 2 category** – initiation and minimum 3 months' supply by the sleep centre (specialising in Non-REM parasomnia). GPs are **not** expected to initiate these treatments but may be asked to take on prescribing in line with IMOC recommendations (patients will have individual management plans in place).

### Diagnosis of:

- Non-REM Parasomnia

### All patients:

- Reinforce good sleep hygiene
- Identify and treat potential triggering sleep pathology

On-going recommendation of treatment regimen.

Consider referral to Complex Sleep Service for non-pharmacological therapy.

Referral made by specialist physician within sleep centre.

### First line therapy (specialist initiation):

- Melatonin M/R **2-6mg nocte**  
(Melatonin is supplied as 2mg modified release tablets)

Review by specialist in 3-6 months

Regular follow up in clinic or via telephone by the sleep pharmacist between consultant appointments.

### No significant improvement or adverse reaction to melatonin:

- Clonazepam **0.25-2mg nocte (specialist initiation)** (may be used first line in cases where parasomniabehaviours place patient or others at risk of harm)

Review by specialist in 3-6 months

Regular follow up in clinic or via telephone by the sleep pharmacist between consultant appointments.

### No significant improvement or adverse reaction to clonazepam:

1. Stop ineffective/not tolerated treatment
2. Consider combination therapy (*melatonin & clonazepam*)

Consider **third line monotherapy** options as appropriate (**specialist initiation**):  
(*decision of agent will be based on patient symptoms and relevant factors*)

- **Alternative BZRA\***
  - Zopiclone 3.75-15mg nocte
- Tricyclic antidepressants
  - Imipramine 50-300mg nocte
  - Clomipramine 10-75mg nocte
- SSRI antidepressants:
  - Fluoxetine 20-60mg daily
  - Sertraline 25-150mg daily

Review by specialist in 3-6 months

Regular follow up in clinic or via telephone by the sleep pharmacist between consultant appointments.

\*BZRA= Benzodiazepine receptor agonists