STRATEGIES FOR DISCONTINUING HYPNOTIC USE

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LEARNING OBJECTIVES

- Describe 3 strategies for discontinuing hypnotic use
- Compare outcome results of these 3 strategies
- Identify 4 factors which affect withdrawal planning
FDA WARNINGS

- Prior to 2005
- December, 2006
- January, 2013
AAS M  G U I D E L I N E S  
(S C H U T T E - R O D I N, E T A L ., 2008)

- Short-term hypnotic treatment should be supplemented with behavioral and cognitive therapies when possible

I. Short/intermediate-acting BzRAs or ramelteon

II. Alternative BzRAs or ramelteon

III. Sedating low-dose antidepressant (AD)

IV. Combination of BzRA + sedating AD

V. Other prescription drugs
Definitions

- Abuse
- Dependence
- Discontinuation
  - Drug specific
  - Disorder specific
INSOMNIA VS. PANIC CONCEPTUALIZATION

Shared
- Safety Behaviors
- Anxiety Sensitivity

Insomnia
- Biology
- PPP Model

Panic
- Fear of fear cycle
- Wolves
<table>
<thead>
<tr>
<th>Treatments</th>
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<tbody>
<tr>
<td><strong>Otto &amp; Pollack, 2009</strong></td>
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<td>- Cognitive restructuring</td>
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<td>- Interoceptive exposure</td>
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<td>- Relaxation training</td>
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<tr>
<td><strong>Perlis, et al., 2008</strong></td>
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<td>- Sleep Hygiene</td>
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<td>- Perpetuating factors</td>
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<td>- Sleep Restriction &amp; Compression</td>
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<td>- Stimulus Control</td>
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<td>- Cognitive restructuring</td>
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Relevant Research

- Morin, et al., 2004
- Zavesicka, et al., 2008
- Belleville, et al., 2007 & Belleville & Morin, 2008
- Soeffing, et al., 2008
BZD Strategies

- Brief Interventions
- Gradual Dose Reduction
- Psychological Interventions
BZD Brief Interventions

- Brief/Minimal Intervention (OR)
  - Voshaar: 1.60 – 5.10
  - Parr: 2.28 – 8.40
  - Parr: 1.92 – 2.55
- Long Term Outcome (De Gier, et al., 2011)
## BZD Gradual Dose Reduction

<table>
<thead>
<tr>
<th>Variation</th>
<th>Voshaar</th>
<th>Parr</th>
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<tbody>
<tr>
<td><strong>GDR (OR)</strong></td>
<td>2.00 – 18.60</td>
<td>2.08 – 17.11</td>
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<tr>
<td><strong>GDR + PI (OR)</strong></td>
<td>2.3 – 14.2</td>
<td>1.86 – 6.12</td>
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GDR vs GDR + PI

- Parr (at cessation) 1.25 – 2.67
- Parr (at follow-up) 1.19 – 2.97
Psychological Interventions

- relaxation training
- psycho-education for BZD withdrawal
- teaching strategies to address anxiety and insomnia
WITHDRAWAL ASSESSMENT

- Poly-hypnotic use
- Insomnia severity
- Anxiety level
- Self-efficacy
TREATMENT PLANNING

- Motivation
- Psychopharmacology
- What is Sleep
- Insomnia Interventions
# Group Format

<table>
<thead>
<tr>
<th>Motivation</th>
<th>Pharmacology</th>
<th>Sleep</th>
<th>Insomnia</th>
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Relaxation Training & Support