



## Insomnia Statistics

### Epidemiology & Prevalence of Insomnia<sup>1</sup>

37% of U.S. adults reported insomnia or sleep difficulties in the previous 12 months.

53% of this group brought up their sleep issues with their doctors (conversely, 47% did not).

83% of those who spoke with their doctors received a diagnosis.

Among diagnosed sufferers:

- 41% treat with a prescription
- 18% treat with an OTC medication only
- 41% are untreated

Among non-diagnosed sufferers:

- 30% take an OTC medication
- 70% are untreated

Among those who did not discuss their sleep difficulties with their doctors:

- 21% take an OTC medication
- 79% are untreated

### Co-morbidity

90% of patients with Major Depressive Disorder (MDD) suffer from insomnia.<sup>2</sup>

44% of those with Generalized Anxiety Disorder (GAD) suffer from insomnia.<sup>3</sup>

### Healthcare Professionals<sup>4</sup>

60% of healthcare professionals feel they do not have enough time to discuss insomnia with their patients during regular office visits.

80% of healthcare professionals believe their patients try OTC sleep aids often for their insomnia symptoms.

82% of healthcare professionals believe that patients and professionals share the responsibility of bringing up insomnia symptoms during an office visit.

AMBIEN CR is indicated for the treatment of insomnia characterized by difficulties with sleep onset and/or sleep maintenance. AMBIEN CR is not indicated for the treatment of GAD or MDD.

### IMPORTANT SAFETY INFORMATION

Due to its rapid onset of action, patients should take AMBIEN CR right before going to bed and when ready for sleep. Patients should not take AMBIEN CR unless they are prepared to get a full night's sleep (7 to 8 hours) to avoid residual effects. Until they know how it will affect their physical or mental performance upon awakening, patients should not drive or operate hazardous machinery after taking AMBIEN CR or any other sleep medication. Complex behaviors such as somnambulism, including driving or eating while not fully awake, with amnesia for the event, as well as abnormal behaviors such as being more outgoing or aggressive than normal, confusion, agitation, and hallucinations may occur. AMBIEN CR should not be taken with alcohol as it may increase these abnormal behaviors. Discontinuation of AMBIEN CR should be strongly considered for patients reporting such complex behaviors. Angioedema may occur in patients taking AMBIEN CR and in rare cases may be fatal. Patients who develop angioedema should not be rechallenged. In primarily depressed patients, worsening of depression, including risk of suicidal thoughts or actions, including completed suicides, have been reported. Therefore, AMBIEN CR should be administered with caution to patients exhibiting signs or symptoms of depression, in whom suicidal tendencies may be present and protective measures may be required. Intentional overdose is more common in this group of patients; the least amount of drug that is feasible should be prescribed for the patient at any one time. The most commonly observed adverse events in controlled clinical trials were headache, somnolence, and dizziness.

Please refer to the full prescribing information at [www.AmbienCR.com](http://www.AmbienCR.com).

## References

1. Consumer Health Sciences. The Insomnia/Sleep Difficulties Market—Key Results. National Health and Wellness Survey, 2008 [US]. Princeton, NJ; Consumer Health Sciences; June 2008.
2. Ohayon MM, Caulet M, Lemoine P. Comorbidity of mental and insomnia disorders in the general population. *Compr Psychiatry*. 1998;39(4):185-197.
3. Ohayon MM, Roth T. Place of chronic insomnia in the course of depressive and anxiety disorders. *J Psychiatr Res*. 2003 Jan-Feb;37(1):9-15.
4. National Sleep Foundation Sleep Report Card. National Sleep Foundation Web site. <http://www.sleepfoundation.org/sleep-facts-information/sleep-report-card>. Accessed August 6, 2009.

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