

## **P-1354 - COMPARATIVE EFFECTS OF VENLAFAXINE AND MIRTAZAPINE ON SLEEP PHYSIOLOGY MEASURES IN PATIENTS WITH MAJOR DEPRESSIVE DISORDER AND INSOMNIA**

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**Background:** Sleep complaints are common in patients with major depressive disorder (MDD). Venlafaxine is an antidepressant of the serotonin -norepinephrine reuptake inhibitor class. Mirtazapine is a tetracyclic antidepressant (TeCA) used primarily in the treatment of depression. This study compares the effects of venlafaxine and mirtazapine on sleep continuity measures in DSM-IV MDD patients with insomnia.

**Method:** Patients ( N=37) received initial baseline polysomnography evaluations over 2 consecutive nights. Subjects were randomly assigned to either venlafaxine (75-150 mg/day) or mirtazapine ( 15-45mg/day) treatment for an 8 week, double -blind, double -dummy treatment trial. Single-night polysomnograms were conducted at weeks 1,2, and 8, with depression ratings assessed at baseline and weeks 1,2, 3,4, 6, and 8.

**Results:** Patients receiving mirtazapine ( N=20) had significant improvement in objective sleep physiology measures at 8 weeks. Improvement in sleep latency, sleep efficiency, and wake after sleep onset were significant after only 2 weeks of mirtazapine treatment. No significant changes in sleep continuity measures were observed in the venlafaxine group (N=17). Both groups improved clinically in mood and subjective sleep measures from baseline, with no differences between groups.

**Conclusion:** These data demonstrate the differential effects of mirtazapine and venlafaxine with significant improvement in favor of mirtazapine , on objective sleep parameters in MDD patients with insomnia.