
AGOMALATINE IS EFFECTIVE IN REDUCING INSOMNIA IN ABSTINENT ALCOHOL-DEPENDENT PATIENTS

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Introduction: Among abstinent alcohol-dependent patients, sleep disorders are a wide-spread and persistent problem and have been associated with the risk of alcohol relapse. The melatonin-agonist agomelatine has been shown to improve overall sleep quality without daytime sedation.
Aims: To examine the effect of agomelatine on sleep quality in abstinent alcohol-dependent patients suffering from chronic sleep disorders.
Methods: 9 alcohol-dependent patients suffering from chronic sleep disorders received nightly doses between 25 and 50 mg of agomelatine. Sleep quality was assessed using the Pittsburgh Sleep Quality Index prior and following 6 weeks of treatment with agomelatine. Prior and during treatment with agomelatine all patients were monitored for serum levels of liver enzymes.
Results: After 6 weeks of agomelatine treatment, the Pittsburgh Sleep Quality Index global score for all patients had decreased significantly.
Conclusions: The present data suggest that agomelatine may improve the sleep quality of alcohol-dependent patients suffering from chronic sleep disorders.