

Escitalopram for the Treatment of Insomnia During the Perimenopausal Period

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OBJECTIVES One of the main complaints of the perimenopausal period is the disturbance of sleep. The SSRI'S appear to be a good alternative to HRT in the treatment of emotional symptoms in the perimenopausal period. The current study aimed to examine the effects of Escitalopram in addressing sleep disturbances during the perimenopausal period.

STUDY DESIGN This study was designed as a naturalistic field study. 60 women,aged 45-57 years were referred for evaluation of sleep disorders. Exclusion criteria were: psychiatric disorders,HRT,sedative or psychotropic drugs. The trial included 41 women with only sleep disturbance as their chief complaint. Assessments included the CGI-I and CGI-S.Response was defined as CGI-I of 1or 2.

RESULTS All patients were given Escitalopram 5-20mg/d. 39 women showed improvement in the sleep quality as well as total sleep time. 2 women did not respond. Those who responded did so after a period of couple of days.

CONCLUSION The vast majority of women who suffered from sleeping disturbance during the perimenopausal period,responded positively to the treatment of Escitalopram. Most of the responders did so treated with 5 mg Escitalopram. The conclusion of this study is limited by its non randomized design and the lack of a control group.

REFERENCES Shaver JLF Zenk SN.Sleep disturbances in menopause.J Womens Health 2000;9:109-118