

# Improving Patient Safety by Supporting Older Adults in Managing Sleep Problems.

NCT06584513

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Insel Gruppe AG, University Hospital Bern
<b>Enrollment</b>	470 participants

## Key Eligibility Criteria

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### Inclusion (3)

- e65years old
- BSH (ATC codes N05BA, N05CF, N05CD, and N03AE01) use on average e3 times a week during the last 3 months prior to providing informed consent, as self-reported by the patient or by the informal carer
- Taking BSH for sleep problems, as self-reported by the patient or by the informal carer

### Exclusion (14)

- Indication for BSH appropriate or withdrawal dangerous, based on available documents (diagnosis list) or General Practitioner (GP) information:
- Current use of BSH for alcohol withdrawal
- BSH use in the context of addiction
- Rapid Eye Movement (REM) sleep Behaviour Disorders
- Active diagnosis of severe non-REM-related parasomnias with risk of self-damage or giving harm to others or with high frequency or social embarrassment
- ... and 9 more (see full listing online)

## Locations (6 total)

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Centre Hospitalier Universitaire CHU UCL Namur, Yvoir, Belgium  
National and Kapodistrian University of Athens, Athens, Greece  
Oslo University Hospital, Nydalen, Norway  
... and 3 more locations