

International Research Study to Test New Treatment for Insomnia

A new therapy for patients with insomnia will be investigated by researchers at the Woolcock Institute of Medical Research.

Approximately 600 people across 70 research centres in Australia, USA and Canada will be recruited to test this new treatment.

Dr Anup Desai, Chief Investigator and Sleep Physician said, 'The purpose of this study is to assess the effectiveness and safety of this new drug to treat insomnia'.

'The drug is designed for people with insomnia who have trouble staying asleep as opposed to people who have trouble getting to sleep.'

The study will last for approximately 9 weeks and volunteers will be required to undergo overnight sleep studies.

Insomnia is the most common sleep disorder affecting about 30% of the population. People suffering from insomnia report at least one symptom - difficulty going to sleep, staying asleep or waking early.

Dr Anup Desai said, 'Insomnia is not only distressing but it is also associated with diminished work output, absenteeism and greater rates of accidents.'

To be eligible for the study, volunteers need to be over 18 years of age and have trouble staying asleep through the night. Volunteers will need to come to the Sleep Laboratory for overnight stays, so shift workers are not eligible for this study. To register an interest in volunteering for this study people should call 1800 828 717.