

## EPV1914

### Management of insomnia evaluated by the Psychiatry Interconsultation in a patient with a comorbid medical condition

A. Blanco Barrón<sup>1\*</sup>, M. T. González Salvador<sup>1</sup>,  
A. Castiglioni García-Diego<sup>1</sup> and M. Magariños López<sup>1</sup>

<sup>1</sup>Psychiatry, Hospital Puerta de Hierro, Madrid, Spain

\*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2328

**Introduction:** Insomnia, affecting about one-third of adults and worsening with age, impacts individual's health, social life, and occupational functioning. Therefore, untreated insomnia can lead to depression. Although it can appear as an independent symptom, it most often presents as a comorbid disorder.

This paper discusses the case of a 71-year-old man with acute necrotizing pancreatitis and history of multiple admissions for recurrent abdominal pain, was assessed by Psychiatry for a possible adaptive disorder. He was diagnosed with persistent insomnia linked to his medical condition and secondary low mood. Sleep hygiene and various medications were recommended but proved ineffective. Eventually, an orexin antagonist, daridorexant, was prescribed.

**Objectives:** The aim of this work is to orient, within the wide range of psychopharmacology available for the treatment of insomnia, the effectiveness and advantages of the use of daridorexant in patients with comorbid medical pathology.

**Methods:** To evaluate the efficacy of the drug in improving the quantity and quality of sleep, and the diurnal impact of insomnia, the Athens scale, consisting of 8 items, was used. It has been completed with a sleep diary that provides specific information on sleep. The results obtained were compared with those published by means of a literature search in PubMed.

Permission is requested from the patient to present this case anonymously.

**Results:** After 30 days of treatment with daridorexant, the Athens Scale score decreased, with a perceived improvement in nocturnal rest (quantity and quality of sleep) and daytime impact of insomnia, with good tolerance and no side effects.

**Conclusions:** The pharmacological treatment of insomnia has undergone important advances in the last two decades. The treatment of insomnia is multidisciplinary and will depend on its etiology. There seems to be no single, first-choice pharmacological treatment for insomnia, which is why the options are varied and wide-ranging. The management of this disorder seeks two fundamental objectives: to improve the quality of sleep and to improve daytime symptoms. Both are improved in this patient with the help of daridorexant. The review of the available literature supports the observed case, being daridorexant a safe and effective option for the treatment of insomnia. It is worth mentioning that in Spain, daridorexant has been approved in September 2023, so the clinical experience at present is scarce.

In our patient the drug has been well tolerated, with no reported side effects or variations in analytical parameters. With respect to insomnia, anxious and negative expectations regarding sleep, concern about the potential consequences of not sleeping enough or not sleeping well have decreased and, in short, the quality of sleep, functionality during the day, and even mood have improved in general terms.

**Disclosure of Interest:** None Declared

## EPV1915

### Treatment of persistent insomnia in patients with benzodiazepine addiction: a case report

A. Castiglioni García-Diego<sup>1\*</sup>, A. Blanco Barrón<sup>1</sup>,  
M. T. González Salvador<sup>1</sup>, M. Magariños López<sup>1</sup>  
and I. Álvarez Correa<sup>2</sup>

<sup>1</sup>Psiquiatría and <sup>2</sup>Hospital Universitario Puerta de Hierro Majadahonda, Madrid, Spain

\*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2329

**Introduction:** The diagnosis of persistent insomnia according to DSM-5 and ICD 11 is based on clinical criteria, specially in relation to dissatisfaction with the quantity/quality of sleep and the discomfort or impairment of social and occupational functioning that it generates. On the other hand, in 2023, Spain has positioned itself as the world leader in the consumption of benzodiazepines.

We present the case of a 62-year-old man admitted to neurosurgery for a cerebrospinal fluid fistula and evaluated by the liaison psychiatry for persistent insomnia. The patient was abusing benzodiazepines to improve his night's rest. Different drugs are prescribed to improve sleep and avoid abusive consumption of benzodiazepines such as trazodone, quetiapine, clonidine, gabapentin with little or no improvement of insomnia. Finally, a dual orexin receptor antagonist, daridorexant, is prescribed and its effectiveness is evaluated.

**Objectives:** The aim of this work is to evaluate the effectiveness of daridorexant in persistent insomnia, as well as to assess the possibility of its use in benzodiazepine addiction for hypnotic purposes.

**Methods:** The Oviedo Sleep Questionnaire (COS), which is a structured and hetero-applied instrument, was administered to facilitate the diagnosis and monitoring of sleep pre and post treatment.

A literature search was carried out in PubMed and the conclusions found in the literature were compared with the clinical case presented.

Permission is requested from the patient to present this case anonymously.

**Results:** After 30 days of treatment with daridorexant, the COS score decreased, and improvement was also observed in the anamnesis, without verbalizing complaints that could be interpreted as side effects.

Regarding lorazepam consumption, this could be gradually reduced until its withdrawal.

**Conclusions:** Daridorexant is a drug that may be effective in resolving persistent insomnia in patients addicted to benzodiazepines for hypnotic purposes.

The review of the available literature suggests that daridorexant is a safe and effective option for the treatment of persistent insomnia. This has been fulfilled in our patient, given that he has not reported side effects, that the analytical parameters have not changed since its introduction and that it has improved in general terms the quality of sleep and functionality during the day. On the other hand, since the hypnotic purpose of lorazepam was replaced by daridorexant, the former could be withdrawn, which opens the door to the possibility that we are dealing with a drug that reduces the consumption of benzodiazepines.