Insomnia NMA

Prepared by Virginia Chiocchia on 23rd July, refers to a single outcome analysis (Total Sleep Time) in a frequentist setting

## Description of the network

Below is a description for the network formed by studies examining the outcome Total Sleep Time.

Number of included interventions:

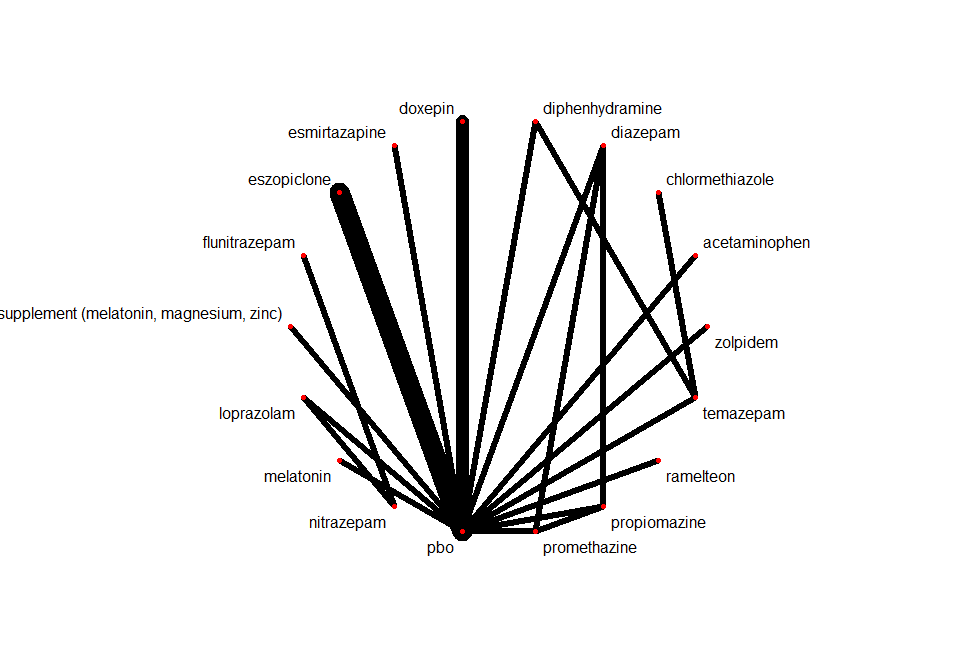
## [1] 18

Number of included studies:

## [1] 17

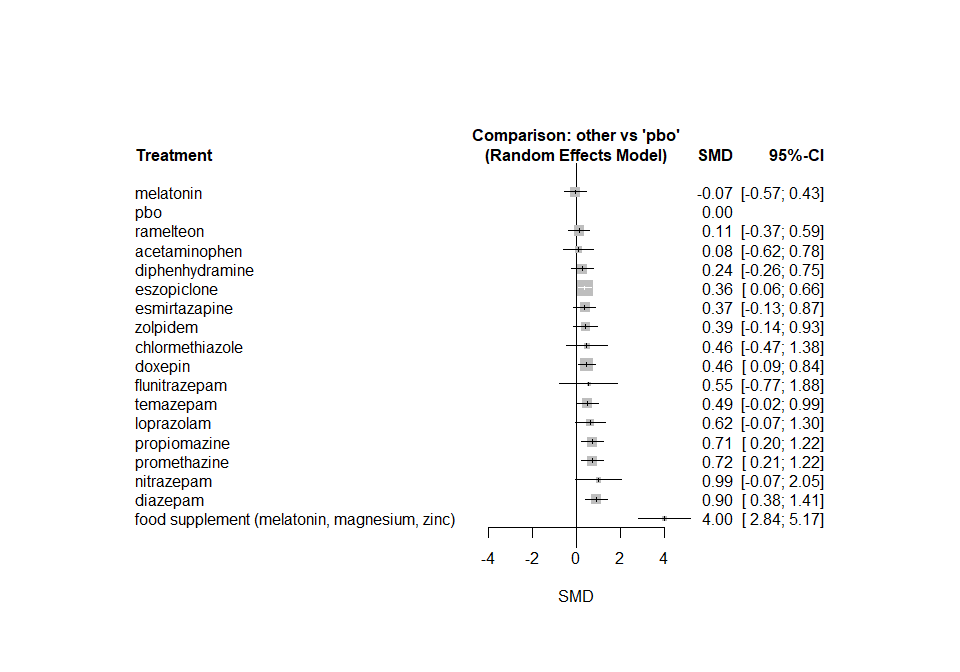
The following treatments were excluded as they were disconnected to the two main sub-networks:

* MAT
* LAT
* MAT+LAT
* sleep hygiene
* lormetazepam + sleep hygiene
* BBT I
* self-monitoring control
* midazolam
* oxazepam
* artificial juice
* tart cherry juice

The plot below shows the available data  


## Frequentist network meta-analysis

Below are the relative treatment effects from the NMA model.



The P-scores (equivalent to the SUCRAs) are shown below

## P-score  
## food supplement (melatonin, magnesium, zinc) 1.0000  
## diazepam 0.8039  
## nitrazepam 0.7768  
## promethazine 0.6894  
## propiomazine 0.6875  
## loprazolam 0.6063  
## temazepam 0.5330  
## flunitrazepam 0.5234  
## doxepin 0.5122  
## chlormethiazole 0.4941  
## zolpidem 0.4542  
## esmirtazapine 0.4364  
## eszopiclone 0.4279  
## diphenhydramine 0.3285  
## acetaminophen 0.2379  
## ramelteon 0.2346  
## pbo 0.1271  
## melatonin 0.1268

The heterogeneity standard deviation is estimated at

## tau= 0.234

and I-square (total) is

## I2= 1 %

### Sensitivity analyses and meta-regressions

We run a sensitivity analyses excluding the crossover studies

