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🌐 Efficacy of proton pump inhibitor (PPI) therapy in treating sleep disturbances in patients with gastroesophageal reflux disease (GERD): a systematic review and meta-analysis

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ABSTRACT

The review question: What is the clinical effectiveness of proton pump inhibitor (PPI) therapy on sleep disturbances in patients with gastroesophageal reflux disease (GERD)?

The following databases should be use: CENTRAL; MEDLINE; EMBASE; WHO-ICTRP; ClinicalTrials.gov.

Types of study to be included: Prospective, randomized controlled trials describing PPI therapy for patients with GERD and sleep disturbances will be assessed for eligibility. Crossover studies, cluster randomized studies, will be excluded. Studies conducted by quasi-experimental methods will be excluded. Retrospective studies will be excluded. No exclusion will be made for observation periods.

Main outcome(s): Change in sleep time and quality.

Additional outcome(s): Change in pH impedance parameters (acid exposure, number of refluxes episodes);

Change in reflux symptoms; All adverse events: Proportion of people who developed an adverse event according to the original author's definition.

We will perform meta-analysis of the above outcomes using random effect models. Besides, we will assess heterogeneity and publication bias.

ATTACHMENTS

[GERD and Sleep MA
protocol.pdf.pdf](#)

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KEYWORDS

GERD, Sleep disturbance, Proton pump inhibitors

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