

Resource impact report:

(Evidence summary 38)

Melatonin for treating sleep disorders in adults who are blind

Published: August 2021

1 Introduction

- 1.1 This report is prepared as a support document on melatonin for treating sleep disorders in adults who are blind.
- 1.2 The purpose of this report is to help commissioning organisations estimate the resource impact of melatonin at a local level.
- 1.3 The report sets out the assumptions used by NICE to estimate the resource impact of the technology.
- 1.4 The report is supported by a resource impact template which indicates the resource impact using NICE assumptions of uptake of the technology. These assumptions can be modified at a local level to reflect local estimates.

2 Resource impact

- 2.1 The estimated annual cost of prescribing melatonin for treatment of sleep disorders in adults who are blind will depend on the uptake of the melatonin and the dose and formulation prescribed. Users should input a local estimate of the number of people who are prescribed melatonin in the resource impact template. The current use of the different formulations should be entered. The change in the use of the different formulations should be entered to see the resource impact of the prescribing change.
- 2.2 A brief cost comparison between the different formulations of melatonin is given in table 1 below. A more detailed breakdown of how these costs were calculated can be seen in the resource impact template.

Table 1 Cost comparison of melatonin formulations

Treatment	Treatment duration	Cost for 1 year treatment
1mg modified-release tablets	1 year	£501
2mg modified-release tablets	1 year	£187
1mg/ml oral solution	1 year	£633
2mg capsules	1 year	£700
3mg capsules	1 year	£760
5mg capsules	1 year	£1,278
3mg tablets	1 year	£242
5mg modified-release tablets	1 year	£1,253
Source: https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff		

3 Assumptions to estimate the resource impact

- 3.1 There are around 143,000 people who are registered blind in England. Around 76% of people who are blind report that they have insomnia.

Table 2 Number of people eligible for treatment in England

Population	Proportion of previous row (%)	Number of people
Population of England		56,286,961
Adult population		44,263,393
People who are registered as blind ¹	0.32	143,000
People who are blind and have sleep disorders ²	76	108,680

¹ Source: <https://www.nib.org.uk/nb-online/eye-health-statistics>
² Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3202494/>

- 3.2 The resource impact template assumes that:
- No administration costs are incurred for oral melatonin
 - Melatonin is taken daily for one year
 - VAT is not applied to the cost of drugs as it is anticipated that melatonin will be entirely dispensed in primary care

About this resource impact report

This resource impact report accompanies the NICE evidence summary on Melatonin for treating sleep disorders in adults who are blind and should be read with it.

© NICE 2021. All rights reserved. See [Notice of rights](#).