Sleep Is Significantly Improved by Dupilumab in Adults With Moderate-to-Severe Atopic Dermatitis: Results of the DUPISTAD Study

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OBJECTIVE
• To report the effect of dupilumab on sleep quality, using a novel 11-point Numerical Rating Scale (NRS 0–10) in adult patients with moderate-to-severe atopic dermatitis (AD) during the 12-week double-blind period of the DUPISTAD study

STUDY DESIGN
• DUPISTAD was a phase 4, randomized double-blind, placebo-controlled study (NCT04033367) in patients with moderate-to-severe AD (Eczema Area and Severity Index [EASI] ≥12. Pruritus NRS ≥3 and sleep NRS ≥5)

RESULTS

Table 1. Baseline demographics and disease characteristics.

Table 2. Assessment of safety.

Figure 2. Sleep disturbance NRS change from baseline.