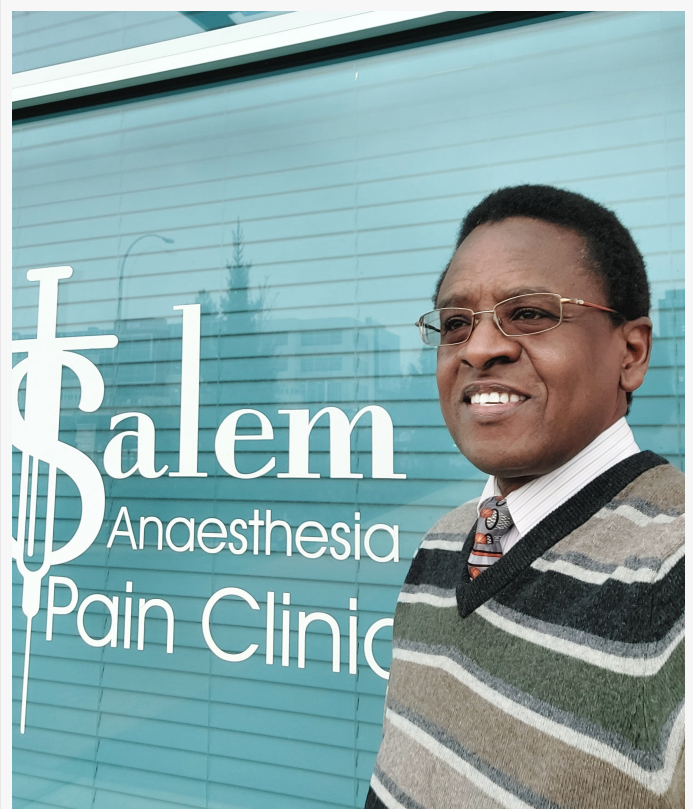


Medicine Repurposing Enables Value-Based Insomnia And Pain Therapy; Olumuyiwa Bamgbade, Salem Pain Clinic, Canada

A Promising Case of Medicine Repurposing: Clonidine for Insomnia in Chronic Pain Patients. Olumuyiwa Bamgbade, Salem Pain Clinic, BC, Canada.

SURREY, BC, CANADA, May 20, 2025

/EINPresswire.com/ -- In this era where value-based healthcare is shaping the future of medicine, drug repurposing offers a strategic pathway to improve outcomes while minimizing costs. A study published in the [Journal of Clinical Sleep Medicine](#) highlights the example that Clonidine, a traditional cardiovascular medication, demonstrates superior results over Zopiclone in treating insomnia in chronic pain patients. The clinical study was conducted by Dr. [Olumuyiwa Bamgbade](#) and the [Salem Anaesthesia Pain Clinic](#). It showed that Clonidine, a medicine long used to manage hypertension, is a safe and effective alternative to sedative-hypnotic medication. Unlike Zopiclone, a sedative commonly associated with side effects like amnesia, hallucinations, and poor coordination, Clonidine showed a more favorable safety profile.



Olumuyiwa Bamgbade.

Clonidine improved sleep initiation, duration, and quality more effectively than Zopiclone. Clonidine was associated with fewer central nervous system side effects. Additionally, patients reported significantly lower pain levels with Clonidine use. These findings have important implications for value-based care. Value-based care emphasizes improving patient outcomes while optimizing resource use. Thus, the study exemplifies how repurposing established medications can unlock new therapeutic benefits without the financial and regulatory burden of developing new drugs. Clonidine's dual benefit, improving sleep and pain management, aligns with the core tenets of value-based care. Indeed, Clonidine's ability to deliver multi-dimensional relief has positioned it as a high-value option in integrated care strategies.

Dr. Bamgbade is a healthcare leader with an interest in value-based healthcare delivery. He is a



Clonidine's ability to deliver multi-dimensional pain and insomnia relief makes it a value-based therapy in integrated care strategies"

Dr. Olumuyiwa Bamgbade

specialist physician trained in Nigeria, Britain, the USA, and South Korea. He is an adjunct professor at institutions in Africa, Europe, and North America. He has collaborated with researchers in Nigeria, Australia, Iran, Mozambique, Rwanda, the USA, Kenya, Armenia, South Africa, Britain, Tanzania, Namibia, Zambia, Botswana, China, Ethiopia, Jamaica, and Canada. He has published 45 scientific papers in PubMed-indexed journals. He is the director of Salem Pain Clinic, a specialist and research clinic in Surrey, BC,

Canada. Dr Bamgbade and Salem Pain Clinic focus on researching and managing pain, health equity, injury rehabilitation, neuropathy, insomnia, societal safety, substance misuse, medical sociology, public health, medicolegal science, and perioperative care.

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