

## Guidelines International Network Standards for Clinical Practice Guidelines

<b>Title of the Guideline</b>	Insomnia
<b>Name of the Developing Organisation</b>	Current Care Guidelines / The Finnish Medical Society Duodecim
<b>Publication Date</b>	2.6.2026

Effective August 2013, GIN is requesting voluntary reporting on the GIN Guideline Standards<sup>1</sup> when a guideline is submitted for inclusion in the GIN Library.

Is your organisation willing to complete the form to provide information to a reader about your guideline?

YES

NO

If Yes, please complete the checklist on the next page.

GIN Standards & Description <sup>1</sup>	Standard Achieved?	If Yes, Page number(s)/document where the information is available
<p><b><u>Composition of Guideline Development Group</u></b></p> <p>Guideline development panel includes diverse and relevant stakeholders, such as health professionals, methodologists, experts on a topic, and patients.</p>	<p>X YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p><a href="http://www.kaypahoito.fi/hoi50067?tab=suositus#s30">www.kaypahoito.fi/hoi50067?tab=suositus#s30</a> (in Finnish)</p>
<p><b><u>Decision-making Process</u></b></p> <p>Guideline describes the process used to reach consensus among the panel members and, if applicable, approval by the sponsoring organisation. This process was established before the start of guideline development.</p>	<p>X YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>
<p><b><u>Conflicts of Interest (disclosure)</u></b></p> <p>Guideline includes disclosure of the financial and nonfinancial conflicts of interest for members of the guideline development group.</p>	<p>X YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p><a href="http://www.kaypahoito.fi/hoi50067?tab=suositus#s30_1">www.kaypahoito.fi/hoi50067?tab=suositus#s30_1</a> (in Finnish)</p>
<p><b><u>Conflicts of Interest (resolution)</u></b></p> <p>Guideline describes how any identified conflicts were recorded and resolved.</p>	<p>X YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>

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<p><b>Scope of a Guideline</b></p> <p>Guideline specifies its objective(s) and scope.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p><a href="http://www.kaypahoito.fi/hoi50067">www.kaypahoito.fi/hoi50067</a>  (in Finnish)</p>
<p><b>Methods</b></p> <p>Guideline clearly describes the methods used for the guideline development in detail.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>
<p><b>Evidence Reviews</b></p> <p>Guideline uses systematic evidence review methods to identify and evaluate evidence related to the guideline topic.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>
<p><b>Guideline Recommendations</b></p> <p>Guideline recommendation clearly stated and based on scientific evidence of benefits; harms; and, if possible, costs.</p>	<p><input type="checkbox"/> YES  <input type="checkbox"/> NO  <input checked="" type="checkbox"/> Somewhat</p>	
<p><b>Rating of Evidence</b></p> <p>Guideline uses a rating system to communicate the quality and reliability of the evidence.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>

GIN Standards & Description <sup>1</sup>	Standard Achieved?	If Yes, page number(s)/document where the information is available
<p><b><u>Rating of Recommendations</u></b></p> <p>Guideline uses a rating system to communicate the quality and reliability of the strength of its recommendations.</p>	<p><input type="checkbox"/> YES  <input checked="" type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	
<p><b><u>Peer Review and Stakeholder Consultations</u></b></p> <p>Review by external stakeholders conducted before guideline publication.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	
<p><b><u>Guideline Expiration and Updating</u></b></p> <p>Guideline includes an expiry date and/or describes the process that the guideline groups will use to update recommendations.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>
<p><b><u>Financial Support and Sponsoring Organisation</u></b></p> <p>Guideline discloses financial support for the development of both the evidence review as well as the guideline recommendations.</p>	<p><input checked="" type="checkbox"/> YES  <input type="checkbox"/> NO  <input type="checkbox"/> Somewhat</p>	<p>Guideline development handbook:  <a href="http://www.terveysportti.fi/dtk/khk/koti">www.terveysportti.fi/dtk/khk/koti</a> (in Finnish)</p>

**Additional Comments**