Cyclobenzaprine targets fibromyalgia pain by improving sleep

Written by The Life Science Feed Editorial Team · Published 5 August 2026 · Edited by Mara Voss

Fibromyalgia, a nociplastic chronic pain syndrome, leaves millions grappling with widespread pain, debilitating fatigue, and persistently nonrestorative sleep. Current therapeutic options often fall short, managing symptoms rather than addressing underlying mechanisms. A new Phase 3 trial explored whether improving sleep quality could break the cycle of pain in this challenging condition.

The study, published in Pain Medicine, evaluated sublingual cyclobenzaprine (TNX-102 SL) 5.6 mg, administered at bedtime, as a targeted approach to pain relief by improving sleep architecture. The results offer a direct link between sleep restoration and pain reduction in fibromyalgia.

KEY TAKEAWAYS

- The Pivot: Bedtime sublingual cyclobenzaprine 5.6 mg directly improved daily pain by targeting nonrestorative sleep in fibromyalgia patients.
- The Data: The treatment reduced average daily pain by 0.9 points on an 11-point scale (P=.002) compared to placebo.
- The Action: Clinicians should consider bedtime sublingual cyclobenzaprine as a viable option for fibromyalgia patients, particularly those with prominent nonrestorative sleep complaints.

Fibromyalgia is not merely a pain disorder; it is a complex syndrome defined by a constellation of symptoms including widespread chronic pain, profound fatigue, and, critically, nonrestorative sleep. This sleep disturbance is not simply insomnia; it involves a disruption of deep, restorative sleep stages, which many researchers believe contributes significantly to the heightened pain perception and fatigue characteristic of the condition. Existing treatments, such as pregabalin, duloxetine, and milnacipran, address various aspects of the syndrome but often leave patients with residual symptoms, particularly related to sleep quality and its downstream effects on pain. The unmet need for therapies that directly target the nonrestorative sleep component, and thereby improve pain, remains substantial. This trial aimed to fill that gap by focusing on a drug known to affect sleep architecture.

The Phase 3 randomized, double-blind, placebo-controlled trial enrolled 519 adult patients diagnosed with fibromyalgia according to the 2010 American College of Rheumatology criteria. Patients were required to have moderate to severe fibromyalgia symptoms, including an average daily pain intensity of at least 4 on an 11-point numerical rating scale (NRS) for at least three months prior to screening. They also needed to report nonrestorative sleep, defined as a score of 5 or higher on the Medical Outcomes Study Sleep Scale (MOS-SS) Sleep Problems Index. The study randomized patients 1:1 to receive either bedtime TNX-102 SL 5.6 mg or matching placebo for 12 weeks. The primary endpoint

was the change from baseline in average daily pain intensity, measured using the 11-point NRS, at Week 12. Secondary endpoints included improvements in sleep quality, fatigue, and global impression of change. The trial was conducted across multiple sites, with lead investigator S. Lederman, from the Department of Neurology at the University of California, San Francisco, overseeing the clinical execution.1

The mechanism of action and trial design

TNX-102 SL is a proprietary sublingual formulation of cyclobenzaprine, a tricyclic antidepressant derivative with muscle relaxant properties. Unlike oral cyclobenzaprine, which is typically used for acute muscle spasms and often causes daytime sedation, the sublingual formulation is designed for rapid absorption and a specific pharmacokinetic profile intended to optimize its effects on sleep architecture without significant next-day somnolence. The drug acts as an antagonist at serotonin 5-HT2A, alpha-1 adrenergic, and histamine H1 receptors, and also inhibits norepinephrine and serotonin reuptake. These actions are thought to modulate sleep processes, particularly increasing slow-wave sleep (deep sleep), which is often deficient in fibromyalgia patients. The hypothesis driving this trial was that by restoring more physiological sleep, the central pain processing abnormalities in fibromyalgia could be ameliorated, leading to a reduction in daily pain.1

Patients in the trial were carefully selected to ensure a homogeneous population with clear evidence of both pain and nonrestorative sleep. Exclusion criteria included significant psychiatric comorbidities, other chronic pain conditions that could confound fibromyalgia diagnosis, and use of certain medications known to affect sleep or pain. The study employed a rigorous double-blind design, with both patients and investigators unaware of treatment assignment, minimizing bias. Efficacy assessments were performed at regular intervals throughout the 12-week treatment period, including weekly pain diaries and validated questionnaires for sleep, fatigue, and global function. Safety was monitored through adverse event reporting, vital signs, and laboratory tests. The trial's duration of 12 weeks aimed to capture sustained effects on chronic pain and sleep, moving beyond acute symptom management.1

The numbers

Bedtime sublingual cyclobenzaprine 5.6 mg significantly reduced average daily pain intensity compared to placebo. At Week 12, patients receiving TNX-102 SL reported a mean reduction of 2.1 points on the 11-point NRS, compared to a 1.2-point reduction in the placebo group (P=.002). This represents a clinically meaningful difference in pain relief for a condition notoriously difficult to treat. The effect size, while modest, is consistent with other approved fibromyalgia therapies.1

Beyond the primary endpoint, the drug also demonstrated significant improvements in several key secondary measures. Patients on TNX-102 SL experienced a greater improvement in the MOS-SS Sleep Problems Index, with a mean reduction of 18.5 points compared to 9.3 points for placebo (P<.001). This direct impact on sleep quality supports the trial's central hypothesis that targeting nonrestorative sleep can alleviate pain. Fatigue, another hallmark symptom of fibromyalgia, also improved significantly, with TNX-102 SL patients reporting a mean reduction of 1.5 points on the PROMIS Fatigue Scale, versus 0.7 points for placebo (P=.01).1

A greater proportion of patients in the TNX-102 SL group achieved at least a 30% reduction in pain, a commonly accepted threshold for clinical response in chronic pain trials. 37% of patients on active treatment achieved this benchmark, compared to 25% on placebo (P=.004). Similarly, 26% of TNX-102 SL patients reported feeling "much improved" or

"very much improved" on the Patient Global Impression of Change (PGIC) scale, versus 15% of placebo recipients (P=.008). These responder analyses reinforce the clinical relevance of the observed benefits.1

Safety and tolerability

The safety profile of TNX-102 SL was generally consistent with the known effects of cyclobenzaprine, but with a notable emphasis on its sublingual delivery. The most common adverse events (AEs) reported in the TNX-102 SL group were oral hypoesthesia (numbness or decreased sensation in the mouth, 18%), somnolence (12%), and dry mouth (8%). These were mostly mild to moderate in severity and transient. Oral hypoesthesia, while common, was typically short-lived and resolved within minutes of administration, reflecting the local effect of the sublingual formulation. Serious adverse events were rare and occurred at similar rates in both treatment arms (2% in TNX-102 SL vs. 1.8% in placebo), with no specific pattern suggesting a drug-related safety concern. Discontinuation rates due to adverse events were slightly higher in the active treatment group (11%) compared to placebo (7%), primarily driven by somnolence and oral hypoesthesia.1

The investigators emphasized that the somnolence observed was generally mild and occurred predominantly in the first few weeks of treatment, often resolving with continued use. The bedtime administration was crucial in mitigating the impact of this side effect on daytime functioning. The sublingual formulation's rapid absorption and elimination profile also aimed to reduce the likelihood of next-day residual sedation, a common issue with oral cyclobenzaprine. This targeted delivery system appears to optimize the therapeutic window for sleep improvement while minimizing systemic exposure during waking hours.1

Where it falls short

The trial's 12-week duration, while sufficient for demonstrating efficacy, leaves questions about the long-term sustainability of pain and sleep improvements. Fibromyalgia is a lifelong condition, and understanding the durability of treatment effects beyond three months is critical for clinical practice. The study also did not directly compare TNX-102 SL to other approved fibromyalgia therapies, making it difficult to position its efficacy relative to existing options. Such comparative effectiveness data would be invaluable for guiding treatment decisions in a crowded therapeutic landscape.1

The patient population, while well-defined, was predominantly female (92%) and Caucasian (85%), reflecting the typical demographic of fibromyalgia patients but limiting generalizability to other ethnic groups or male patients. The trial also excluded patients with significant psychiatric comorbidities or other chronic pain conditions, which are often present in real-world fibromyalgia populations. This careful selection, while enhancing internal validity, may not fully represent the complexity of patients seen in general practice. The reliance on patient-reported outcomes, while standard for pain trials, always carries a degree of subjectivity. Objective measures of sleep architecture, such as polysomnography, were not primary endpoints, though the MOS-SS is a validated tool for subjective sleep quality.1

Still, the consistent improvements across multiple patient-reported outcomes, including pain, sleep, and fatigue, provide a compelling argument for the drug's utility. The direct link between improved sleep and reduced pain is a significant finding, reinforcing the nociplastic nature of fibromyalgia and the importance of addressing its sleep disturbances.

This trial provides a clear signal that targeting nonrestorative sleep with a specific pharmacological agent can yield tangible benefits for fibromyalgia patients. The next step would be to see how this translates into real-world effectiveness and long-term patient adherence, especially considering the need for chronic administration. For clinicians seeking a

comprehensive reference on musculoskeletal and rheumatological conditions, the Oxford Handbook of Rheumatology (5th ed) offers concise, evidence-based guidance.

CLINICAL IMPLICATIONS

The data on sublingual cyclobenzaprine for fibromyalgia offers a clear, if not revolutionary, path forward for managing a notoriously difficult condition. For too long, clinicians have treated fibromyalgia's symptoms in isolation, often with limited success. This trial reinforces the interconnectedness of pain and sleep, providing a targeted approach that directly addresses a core pathology.

The modest but statistically significant reduction in pain, coupled with improvements in sleep and fatigue, positions TNX-102 SL as a valuable addition to the fibromyalgia armamentarium. It is not a cure, but it offers a tangible benefit for patients whose lives are severely impacted by nonrestorative sleep and chronic pain. The side effect profile, particularly the oral hypoesthesia, is a consideration, but its transient nature suggests it may be manageable for many patients.

This trial underscores the importance of a thorough patient history, particularly regarding sleep quality, when assessing fibromyalgia. Identifying patients with prominent nonrestorative sleep may help tailor treatment decisions, making TNX-102 SL a more appropriate choice than broader-acting agents. The drug's mechanism, focusing on sleep architecture, provides a rationale for its use that aligns with the pathophysiology of fibromyalgia, moving beyond symptomatic relief alone.

While long-term data and head-to-head comparisons are still needed, the immediate implication is that clinicians now have another evidence-based option. This is particularly relevant for patients who have not responded adequately to existing therapies or who experience significant sleep disturbances that exacerbate their pain. It is a pragmatic step forward in a field desperate for effective treatments.

EDITORIAL & AI STANDARDS

AI tools are used to structure and summarise evidence from peer-reviewed primary sources. Articles that carry a signed Editor's take have been read in full by William Lopes. The others are not individually read by an editor, so check the cited source before relying on a figure.

REFERENCES

1. 1. Lederman S, Arnold LM, Vaughn B. Pain relief by targeting nonrestorative sleep in fibromyalgia: a phase 3 randomized trial of bedtime sublingual cyclobenzaprine. Pain Med. 2026.

LICENCE & RIGHTS

© 2026 The Life Science Feed. All rights reserved. This content is produced for medical education purposes. It may not be reproduced, distributed, or transmitted without prior written permission from The Life Science Feed.

MEDICAL DISCLAIMER

This content is intended for healthcare professionals only and does not constitute medical advice. Clinical decisions must be made by qualified practitioners based on individual patient circumstances.

FOLLOW THE LIFE SCIENCE FEED

Instagram @lifesciencefeed **LinkedIn** linkedin.com/company/thelifesciencefeed

thelifesciencefeed.com