

- Provide pharmacologic therapies for refractory sleep/wake disturbance

- Insomnia:

- ◊ Zolpidem, 5-10 mg PO at bedtime
 - ◊ Lorazepam, 0.5-1 mg PO at bedtime
 - ◊ Trazodone, 25-100 mg PO at bedtime
 - ◊ Mirtazapine^P, 7.5-30 mg PO at bedtime

- Daytime sedation:

- ◊ Caffeine 100-200 mg PO q 6 hrs, last dose 4 PM
 - ◊ Methylphenidate, start with 2.5-5 mg PO BID- 20 mg BID, second dose no later than noon
 - ◊ Dextroamphetamine, 2.5 mg up to 5-10 mg BID, no later than noon
 - ◊ Modafinil, 100-400 mg PO each morning

- Provide cognitive-behavioral treatment

- Includes stimulus control, progressive muscle relaxation, and sleep-hygiene education

