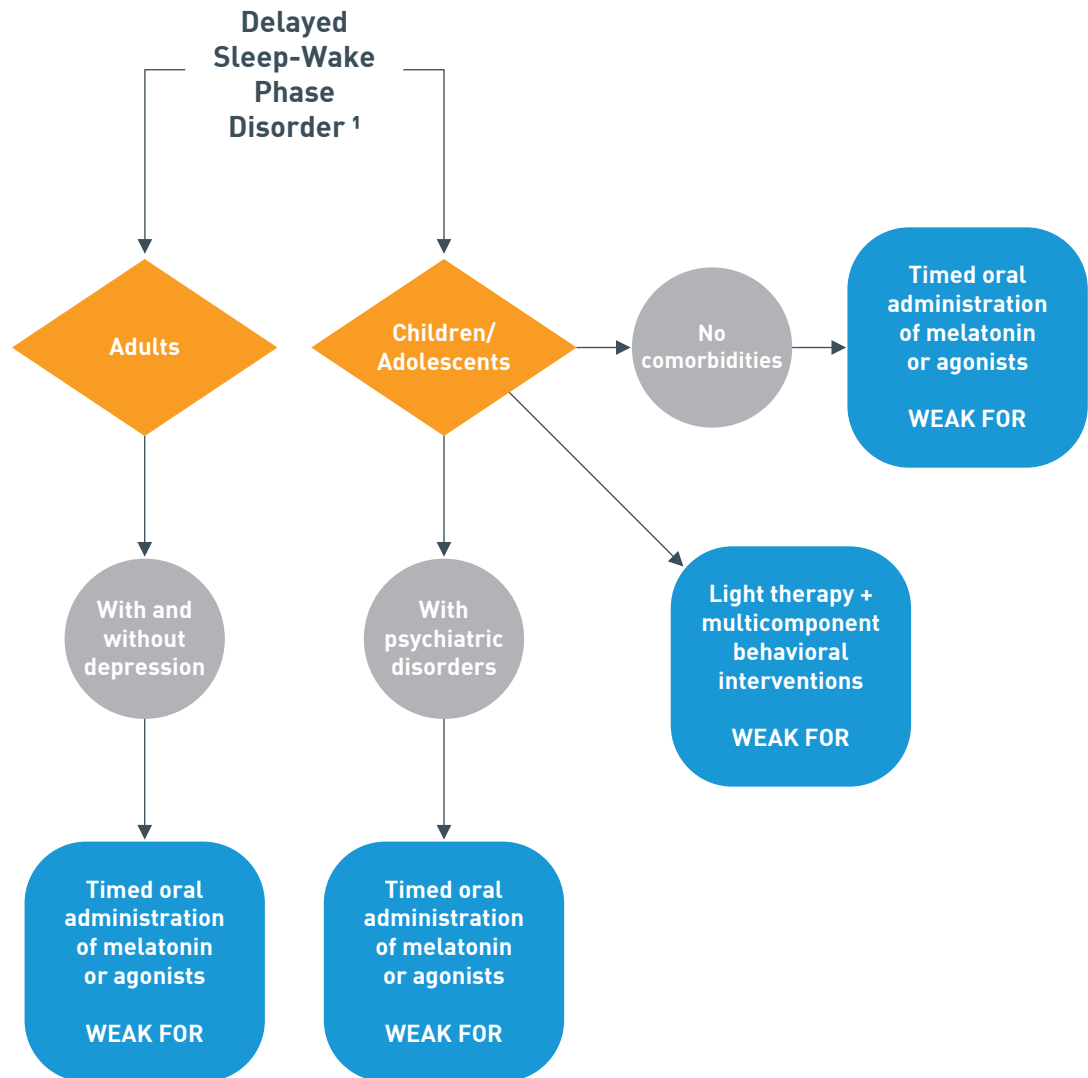


Intrinsic CRSWD Decision Tree

JUNE 2016

ADAPTED FROM

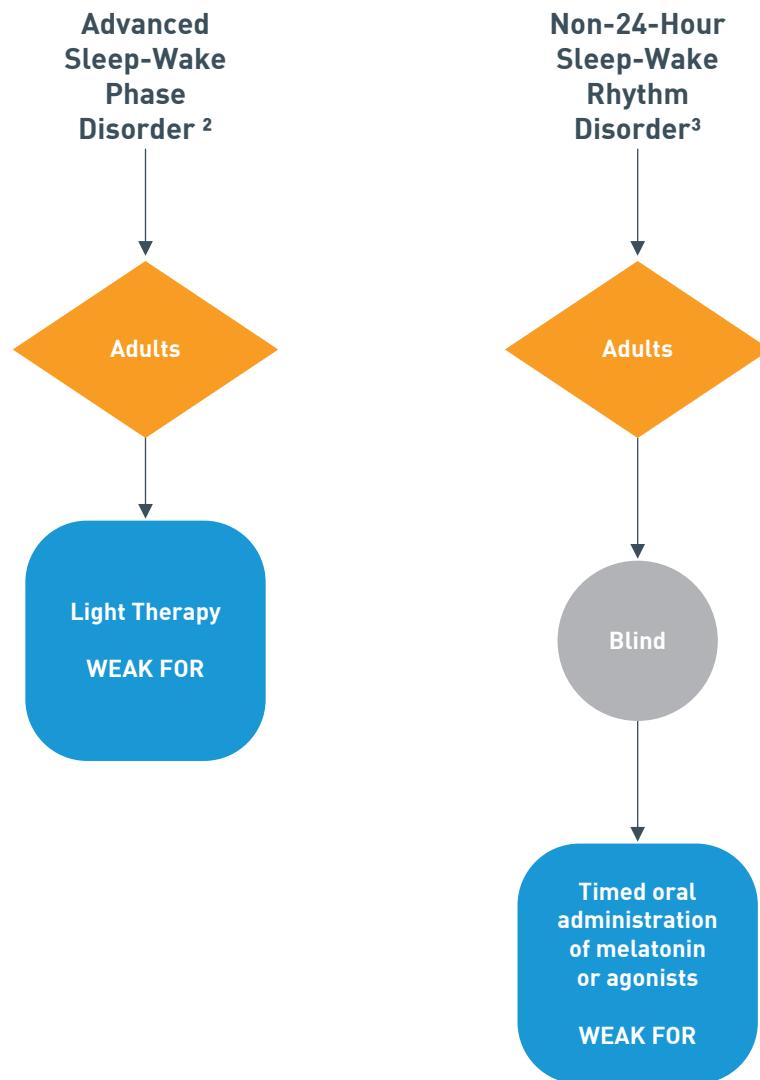
Auger, R.R., Burgess, H.J., Emens, J.S., Deriy, L.V., Thomas, S.M., & Sharkey, K.M. (2015). Clinical practice guideline for the treatment of intrinsic circadian rhythm sleep-wake disorders: Advanced sleep-wake phase disorder (ASWPD), delayed sleep-wake phase disorder (DSWPD), non-24-hour sleep-wake rhythm disorder (N24SWD), and irregular sleep-wake rhythm disorder (ISWRD). An update for 2015. *J Clin Sleep Med* 2015; 11(10): 1199-1236.



END NOTES

These therapies were considered but recommendations could not be made due to lack of evidence:

¹ **DSWPD:** Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, light therapy, sleep-promoting medications, wakefulness-promoting medications, other somatic interventions, combination treatments (adults)

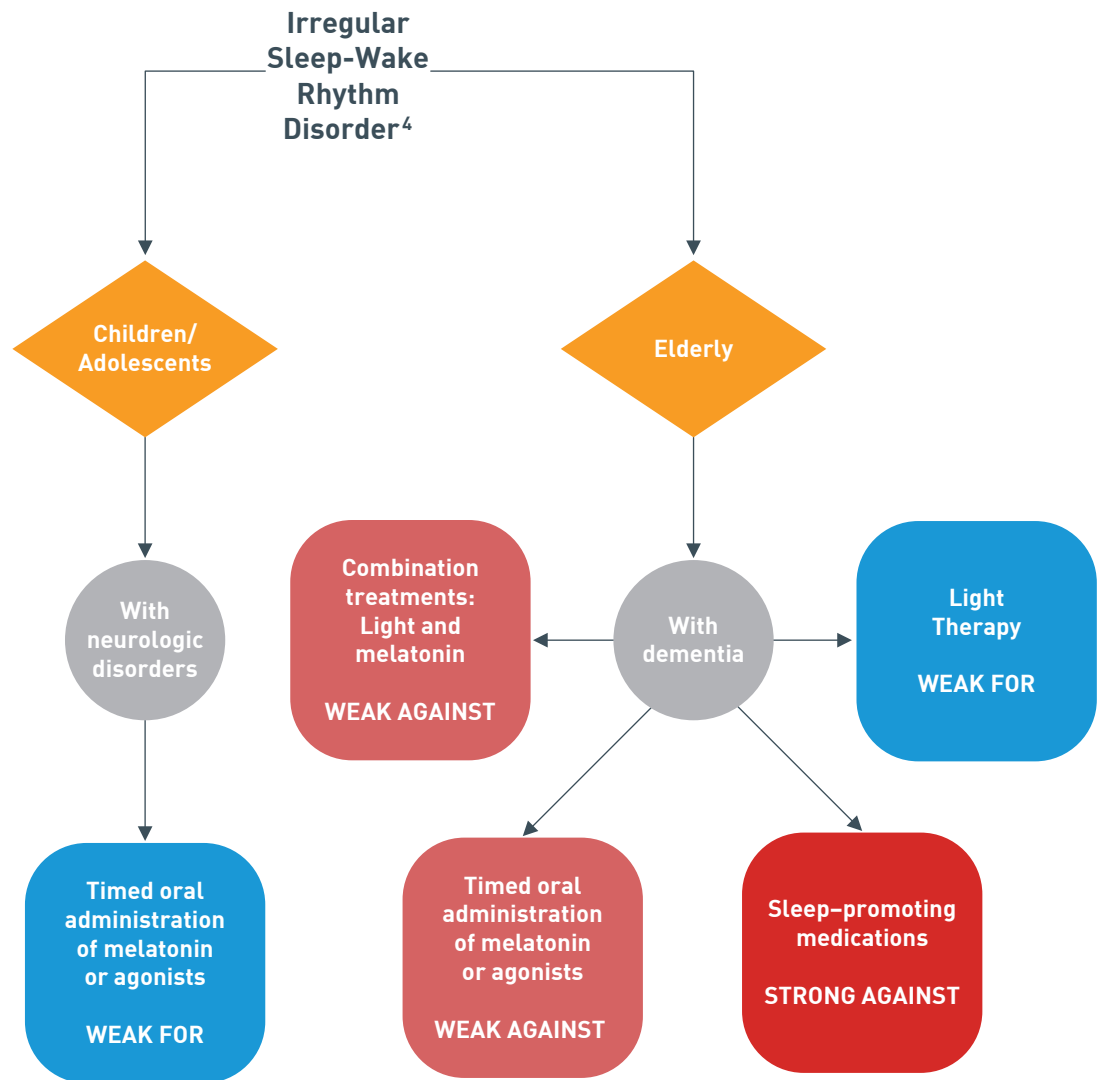


END NOTES

These therapies were considered but recommendations could not be made due to lack of evidence:

² **ASWPD:** Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, sleep-promoting medications, timed oral administration of melatonin or agonists, wakefulness promoting medications, other somatic interventions, combination treatments

³ **N24SWD:** Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, light therapy, sleep-promoting medications, timed oral administration of melatonin or agonists (sighted), wakefulness promoting medications, other somatic interventions, combination treatments



END NOTES

These therapies were considered but recommendations could not be made due to lack of evidence:

⁴-ISWRD: Prescribed sleep-wake scheduling, timed physical activity/ exercise, strategic avoidance of light, wakefulness promoting medications, other somatic interventions