

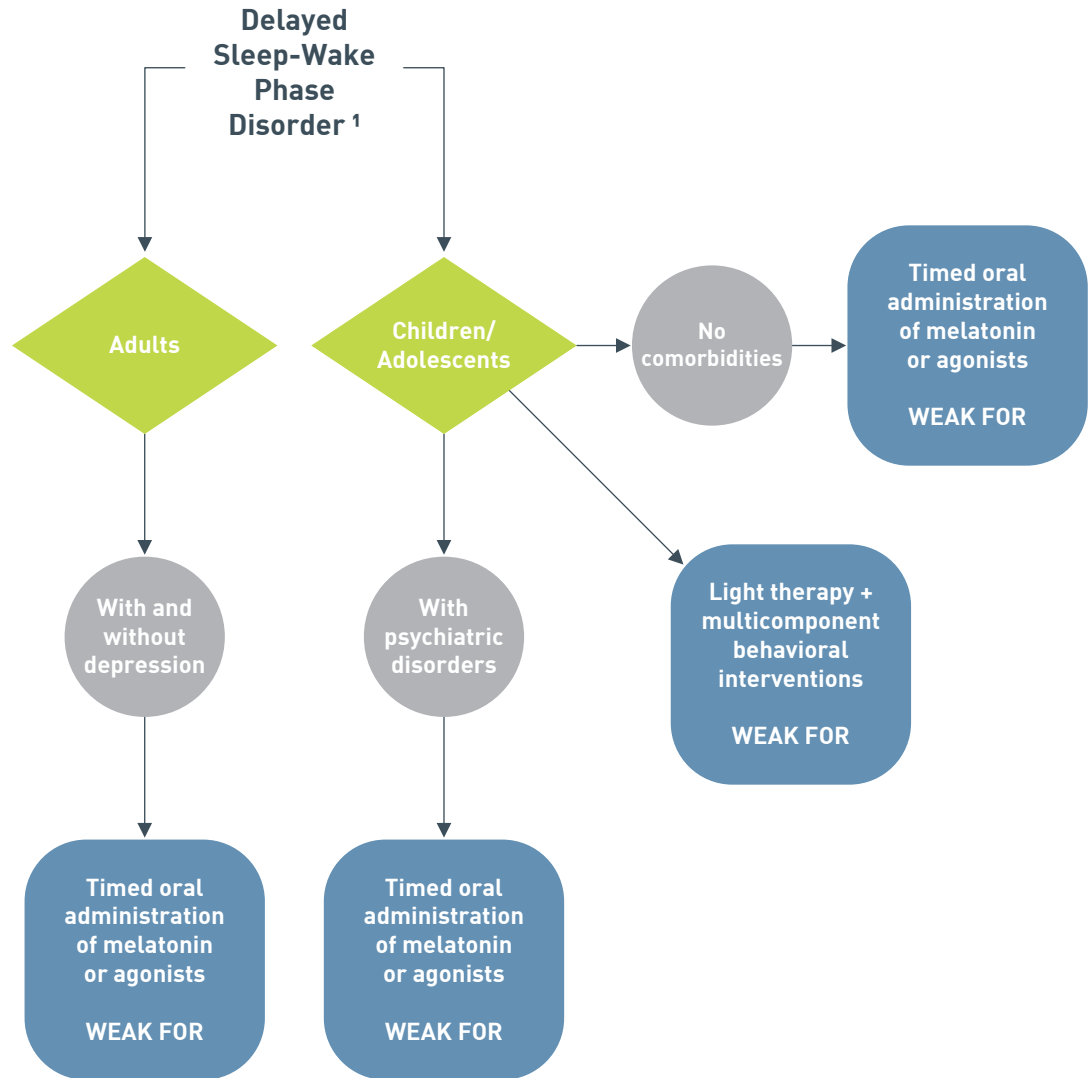
Intrinsic CRSWD Decision Tree



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.



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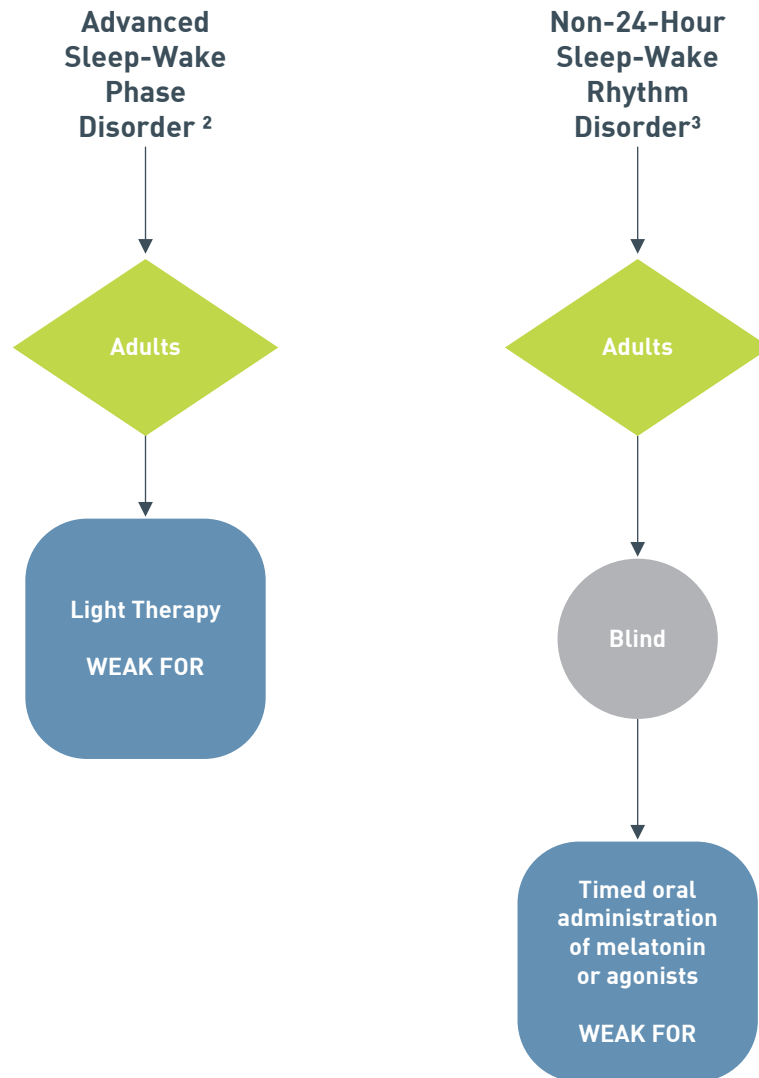
END NOTES

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)



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END NOTES

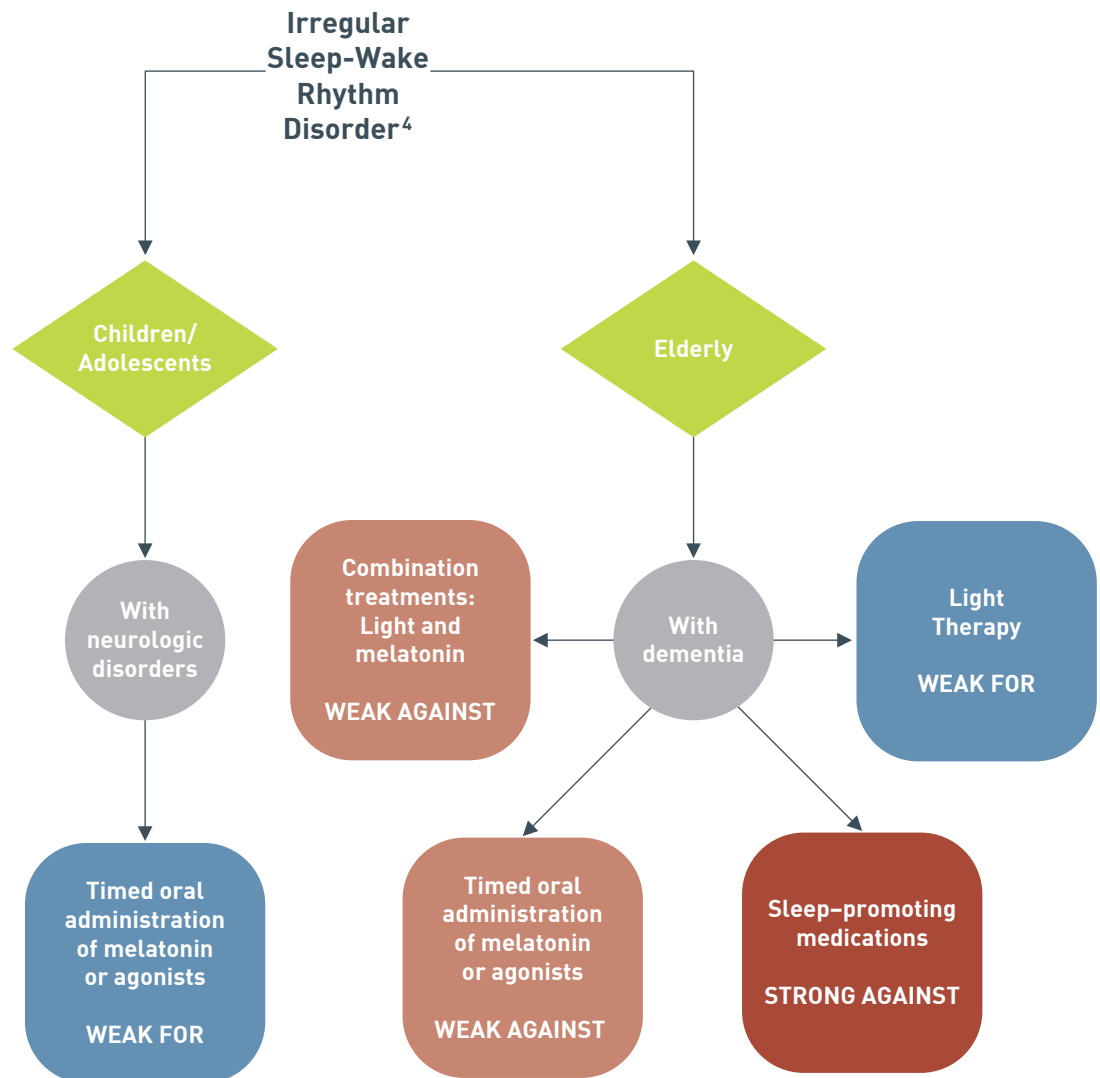
These therapies were considered but recommendations could not be made due to lack of evidence:

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



JUNE 2016



EVOLVE SLEEP
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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