

What Does Sleep Look Like For YOU?

1

Sleep drugs working; fall asleep & stay asleep

Start **5-HTP** 100mg 3 times a day with food at least 3 weeks

Work with your doctor to reduce (wean off) sleep drugs

2

Taking Sleep drugs BUT not working

Trouble falling asleep

Trouble staying asleep

Start with 100mg of **5-HTP** increase by 100mg each night at bedtime

Falls asleep and stays asleep on **5-HTP** and sleep drug(s).

300 mg of **5-HTP** still NOT staying asleep

Add 1-2 **Delta Sleep** when wake up to go back to sleep

3

Not taking sleep drugs not sleeping

5 HTP

Works

Doesn't work

Add 3-10mg **Melatonin** to fall asleep

Works

Doesn't work

Add 1-2 **Delta Sleep** to fall asleep

Speak with your doctor about trying a sleep medication: Trazadone or Flexiril

Doesn't work

Works