

Circadian Dyssynchrony

(Updated 27-06-2019)

Signs and Symptoms:

Sleep related pharmacotherapy may be considered in the following circumstances:

1. During transit layovers when sleep is required at an off-nominal circadian time.
2. On arrival in a new theatre of operations to promote sleep during the first 7 days/nights of circadian acclimatization.
3. To facilitate daytime sleep prior to night operations.
4. Acute insomnia where other mental health concerns have been ruled out.

Contraindications:

1. Allergy to an indicated medication.
2. Requirement to be operationally effective within specified Notices to Move (NTMs) as per Table.
3. Concomitant alcohol use with Zolpidem.

Management:

1. Assess patient and rule out any psychiatric cause for sleep disturbance (e.g. depression). Address other causes of insomnia (e.g. environmental factors and/or pain) prior to supplying a sleep aid.
2. If indicated, provide sleep pharmacotherapy consistent with the required NTM as per Table:

Table - Sleep Pharmacotherapy based on Notice to Move Requirements

Notice to Move	Sleep Pharmacotherapy (Maximum 7 day supply)
≤ 6 hours	Melatonin (Immediate, Regular or Sustained Release) 1-3 mg PO/SL QHS PRN
> 6 hours	<u>Females</u> ¹ : Zolpidem ² 5 mg PO QHS PRN (immediately before bed). <u>Males</u> : Zolpidem ² 5 - 10mg PO QHS PRN (immediately before bed). <u>or</u> Melatonin (as per specified dosing)
> 12 hours	Zopiclone ² 3.75 mg PO QHS PRN. May repeat dose once if no effect after 2 hours. <u>or</u> Zolpidem ² (as per specified dosing) <u>or</u> Melatonin (as per specified dosing)

3. The maximum quantity for any sleep related pharmacotherapy supplied must not exceed 7 days on any one occasion.

Disposition:

1. Personal receiving zolpidem are considered operationally ineffective for 6 hours after their last dose of that medication.
2. Individuals experiencing sleep disturbance greater than 7 days shall be referred to a higher medical authority.

Notes:

1. Women clear zolpidem tartate from the body at a lower rate than men, C_{max} and AUC parameters of zolpidem were approximately 45% higher at the same dose in female subjects compared with male subjects. Given the higher blood levels of zolpidem tartate in women compared to men at a given dose, the recommended initial dose of zolpidem for adult women is 5 mg, and the recommended dose for adult men is 5 or 10 mg. (APOTEX Zolpidem product monograph 2018)

2. Memory disturbances and complex sleep behaviours (night eating, night driving, and somnambulism) have been reported in patients using zolpidem. While rare, promptly discontinue use if these side-effects present. (APOTEX Zolpidem product monograph 2018).